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A. T. Hovannessian

Raw Eating

Finally, the cure of all diseases is discovered
Raw Veganism is the only treatment

There is no disease for Humans

The reasons of illnesses are: animal products consumption,
eating cooked stuffs, taking medicines and chemichals

By "Raw-Eating", all simple or heavy sicknesses will be cured

There is no food shortage, even there is a groceration,
Raw vegetables & fruits are the only real foods

Carnage and animal eating
turns people into senseless brutal beasts

Tehran

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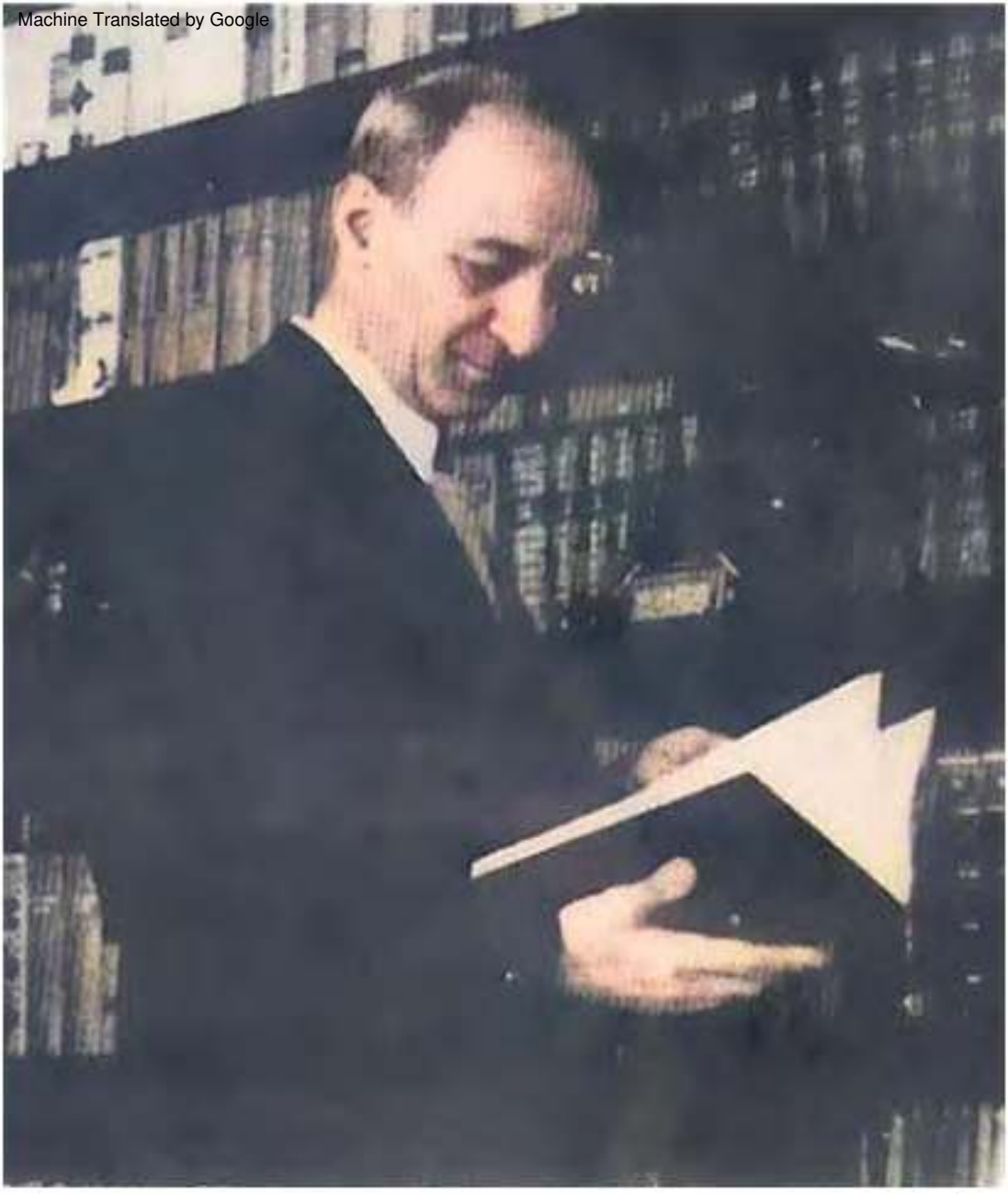

Arshavir Ter Hovannessian, agbalẽ sia ŋlɔla, si nɔ kukum le ƒe nyaƒoɖeamenu te dɔléle vovovowo ƒe 19 enye sia, fifia woɖee keŋkeŋ tso eƒe kuxiwo katã me to amagbe ƒuƒu ɖuɖu me, eye esi wòxɔ ƒe 75 la, ele lãmesẽ me keŋkeŋ kple ɖekakpui ƒe ŋusẽ. Eƒe gbesiagbe dɔwɔnawoe nye be woaɖee afia amewo be dɔléle kple nuxaxa bubu siwo katã le xexe sia me la tso nuɖuɖu siwo woɖa (siwo wowu) kple atike siwo wotsɔ wɔa atikewo kpakple nu kuku bubuwo ɖuɖu gbɔ.

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ARSHAVIR TER-HOVANNESSIAN (AGBALẼDZRAÐOƑE) ƑE NUÐEÐEŊUTI .

NU GBƆGBƆ ƑE NUÐUÐU

Xexeme Yeye Si Me Dɔlélewo, Nu gbegblẽwo Kple Aɖi Manɔ o

Ðoɖo eye nàkakae RAW-EATING

RAW-EATING ƑE AKAKA NYEE NYEE BUBU KPLE...

AMEGBETƆ ƑE DƆWƆWƆ GBÃTƆ LE XEXE SIA ME

Version: Eŋlisigbe me tata 3 lia si wogbugbɔ trɔ asi le + Persiagbe me tata lia (ƒe 1976) &
Persiagbe me agbalẽvi si ƒe tanyae nye “Cooked eating, a deadly addiction” (ƒe 1980) si
gɔme woɖe ɖe Eŋlisigbe me

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NYAGBLƆĐI NA 2nd EDITION

Wota agbalẽ si li fifia ƒe akpa gbãtɔ le ƒe 1963 me le tanya si nye RAW-EATING te. Le babla sue ma si me nye nukpɔsusu siwo ku ɖe nunyiame ŋu ƒe kpukpui kpui aɖe le me la, meƒo nu tso nuɖuɖu ƒuƒu ƒe akpa vevi ɖesiaɖe kloe ŋu. Le nyateƒe me la, mehiã be woage ɖe nya siwo didi tso wo nɔewo gbɔ me hafi aɖe gbeƒã nyateƒe bɔbɔe si nye be nuɖaɖa kple wo ŋu kɔklɔ ƒe dɔwɔwɔwo, siwo dzi wotona gblẽa dzɔdzɔmenunyiamewo wozua nusiwo mele dzɔdzɔme nu o la, menye dɔwɔwɔ siwo gblẽa nu le ame ŋu ko o da dzɔdzɔmesewo dzi, gake woawo koŋue hea dɔlélewo katã vɛ. Ame si menya naneke o wu ate ŋu akpɔe adze sii kɔte be, le esi teƒe be atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya si wotu ɖe nuɖuɖu siwo woɖa kple atike siwo me aɖi le dzi naɖe amewo tso dɔlélewo me la, ekplɔa ameƒomea yia dɔléle sesẽ gbogbo aɖewo me, siwo me nu gbagbe bubuwo katã mekpɔa ŋusẽ ɖo o.

Ne ame si ƒe ŋkuwo me kɔ la xlẽ fli ʊɛ aɖewo ko tso nyatia ŋu vɔ la, nyɔna tso eƒe ɖekematsɔleme si me kuviawɔwɔ le me eye wòkpɔa alesi gbegbe nɔnɔmea sesẽe la dzea sii. Gake esi atikeŋutinunya ŋuti nukpɔsusu totro siwo li fifia gbã ŋku na ame akpa gãtɔ eye nukpɔsusu gbogbo aɖewo siwo wosusu do ŋgɔ na wobua nazã ɖe wo ŋu ta la, wodi be nyatakaka bubuwo nanɔ yewo si tso nya sia ŋu. Esia tae, le agbalẽ sia ƒe akpa evelia me la, meva tsɔ numeɖeɖe bubu siwo de to wu le nyabiase vevi geɖewo ŋu ɖo. Le ɣeyiɣi ma ke me la, wowɔ mɔnukpɔkpɔa ŋudɔ tsɔ wɔ asitɔtrɔ kple ɖɔɖɔɖo sue geɖe le akpa gbãtɔ me. Le agbalẽa ƒe tata gbãtɔ me la, nuɖuɖu ƒuƒu ƒe susua gakpɔtɔ nɔ eƒe gɔmedzedze; egbea la, wotsɔe de dɔwɔwɔ me le dukɔ geɖe ŋutɔ me. Esi ame akpe geɖe siwo si nunya le le xexeame katã ɖe asi le nuɖuɖu siwo woɖa kple atike siwo me aɖi le ŋu ta la, woda gbe le wo ɖokui ŋu tso woƒe dɔléle siwo nɔ anyi ɣeyiɣi didi aɖe la me eye fifia wote ŋu le agbe si me dzimaɖitsitsi mele o si me lãmesẽ kple dzidzɔ le. Le agbalẽa ƒe nuwuwu la, megblɔ lɛta gbogbo siwo mexɔ tso ame mawo gbɔ la ƒe tiatia sue aɖe.

Ne woto mɔ̃ alo dɔwɔnu yeye vɛ la, wobua dodokpɔ ʊɛ aɖewo siwo kpɔ dzidzedze be wosɔ gbɔ be woatsɔ aɖo kpe nutovɛ ma dzi alo aɖo kpe edzi. Egbea la, ame akpe geɖe siwo le lãmesẽ me le xexeame katã nye esia ƒe kpeɖodzi gbagb

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nuɖuɖu ƒuƒu xɔa ameƒomea tso dɔléle ɖesiaɖe si le anyigba dzi ƒe asi me nublanuimakpɔmakpɔtɔe. Ame aɖe ate ŋu asusui nyuie be esia asu be wòanyɔ dzɔdzɔmeŋutinunya xexeame tso eƒe ɖekematsɔleme kuviawɔwɔ me eye wòana amesiame naka ɖe viɖe gã siwo nuɖuɖu ƒuƒu hena vɛ na mí katã dzi.
Egbea ame siwo numamewo gbã ŋku na la wɔa ɖoɖo ɖe dukɔwo dome takpekpewo ŋu be woatsɔ atsi nuɖuɖu ƒe veve si wosusu be xexeame katã nu eye woƒoa nuƒo siwo nuwuwu meli na o tso nyati siwo nye fewuɖunyawo ŋu, evɔ wotsɔa woawo ŋutɔwo ƒe asiwo tsrɔ̃a nuɖuɖu ŋutɔŋutɔ siwo dzɔdzɔme na mí la dometɔ 80 le alafa me kple woawo ŋutɔ ƒe asiwo ŋumabumabutɔe to nuɖaɖa kple wo ŋu kɔklɔ me.

Mele kuku ɖem na amegbetɔ ƒe kpekpeɖeŋunala vavãwo katã be woado woƒe gbe ɖe dzi eye to woƒe didi siwo yia edzi me la, makpe dziɖuɖumegãwo be woaɖe afɔ enumake atsɔ nuɖuɖu ƒuƒu ƒe gɔmeɖosewo ade dɔwɔwɔ me. Ɣeyiɣia de be woawɔ nane.

AKPA GBÃTƆ

Alesi Mesusu Nuɖuɖu ƒuƒu ƒe Susu

Ele be veganuɖuɖu ƒuƒu koe nanye nunyiame si amegbetɔ aɖu.
Ele be woaɖe asi le nuɖuɖu siwo woɖa ɖuɖu ƒe numamea ŋu le xexe sia me zi ɖeka ɖe ɣeyiɣiawo katã nu. Esiae nye dzɔdzɔme ƒe didi si mewɔa vodada o. Nuɖuɖu siwo woɖa ɖuɖu nye nuwɔna dziŋɔtɔ kekeake le ameƒomea ƒe ŋutinya me, nuwɔna si dze abe ame aɖeke menya nu tso eŋu o ene eye amesiame dzea edzi le manyamanya me. Aleke kee susua ɖawɔ nuku na ame aɖewo o, enye nyateƒe blibo si míate ŋu alɔ̃ ɖe edzi o.

Nyateƒenya sia va dze ƒã nam esi, le ƒe 18 sɔsrɔ̃ kple numekuku nyuie megbe la, meva ka ɖe edzi be nye ƒe 10- 10 ƒe kuwo.
viŋutsuvi si xɔ ƒe kple vianyɔnuvi si xɔ ƒe 14 la tso nunyiame si mele dzɔdzɔme nu o gbɔ. Atikewɔwɔ ƒe dodokpɔ gbogbo siwo wowɔ le Persia, France, Germany kple Switzerland le agbagbadzedze vovovowo me be woake ɖe dɔléle aɖe koŋ ŋu le woƒe nugbagbeviwo me kple atike gbogbo aɖewo dodo na wo emegbe hã kpɔ akpa gã aɖe le nublanuinya la hehe va ta me. Vinyewo ku le woƒe ŋutinuwo katã ƒe tsɔtsɔ vivivi kple woƒe gbegblẽ si nuɖuɖu si mele dzɔdzɔme nu o kple atike siwo me aɖi le hena vɛ ta.

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Mete ŋu ge dе atikeŋutinunya ƒe nya ɣaɣlawo me eye melé ŋku dе eƒe akpa nyuiwo kple vɔ̃wo ŋu nyuie wu, elabena mɔkpɔkpɔ be mava zu dɔkta alo akpɔ ga viдe adeke meʋãm o. Nye dzideƒoname enye didi be mawɔ nye ŋutete katã dе vinye lɔlɔ̃awo ƒe lãmesẽ ŋu le gɔmedzedzea me, eye emegbe didi vevie be malé ŋku dе woƒe ŋkuдodzinyawo ŋu дaa to viдekpɔkpɔ na ameƒomea me.

Nu bubu si na mekpɔe dze sii nyuie wu atikeŋutinunya ƒe gbɔdzɔgbɔdzɔwoe nye дoдo yeye kura si dzi meto tsɔ дokuinye hehenana, si me sukudede ƒe дoдo adе ƒe agba mele o. Nyememu aha le ŋgɔyiyi ŋuti nya siwo wogblɔna wògbɔa eme siwo wowɔ dе atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya teƒe alo viдe wɔnuku siwo woakpɔ tso atikewo me ŋuti nyakpakpa siwo katã wosusuna le susu me la me mu kpɔ o. Metsɔ susu si дea дeklemi biabia siawo te dе wo ŋu eye metea gbe dе woƒe gbɔdzɔgbɔdzɔwo dzi geдe wu ɣesiaɣi. Gawu la, nyateƒe si wònye be, togbɔ be dɔkta bibi miliɔn geдe kple Nobel-nunanaxɔla gbogbo adewo li hã la, ame deŋgɔ dzea dɔléle vovovowo dzi zi geдe wu lã bubu дesiaдe, kple dɔlélewo abe sclerosis ene , suklidɔ, dzidɔ kple kansa dzina dе edzi le agbɔsɔsɔ dziŋɔ adе me, eye wòle ŋɔdzi dom be yeatsrɔ̃ ameƒomea дa le anyigba dzi. Nyemegblẽ nye ɣeyiɣi dе dɔlélewo ƒe dzesiwo, atikewo ƒe ŋkɔwo kple agbɔsɔsɔme si wozãna kpakple atike gbogbo mawo siwo me wodea amii sesẽ siwo ƒã hafi wòhiãna la léle dе susu me ŋu o, elabena nyemeдoe kpɔ be manɔ anyi ado dodokpɔwo axɔ дaseдigbalẽwo o. Ke boŋ, alesi mate ŋui la, mezã nye ɣeyiɣi dе dzɔdzɔmeŋutinunya ƒe alɔdze gbogbo adewo sɔsrɔ̃ ŋu eye medzro sidzedzetsoƒe vovovoawo me, siwo me mete ŋu kpɔ gɔmeдose vevi adewo kple esiwo le gbadzaa, tso gɔmeдo

Wotsɔ ƒe 18 ƒe nusɔsrɔ̃ kple dɔsesẽwɔwɔ me tsonuawo de agbalẽ gã eve me, eye wota gbãtɔ si nye agbalẽ si ƒe axa 568 le Armeniagbe me le ƒe 1960 me.

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Dɔwɔƒe Đesiaɖe ƒe Dɔwɔwɔ Nyuie Le Nu Gbãtɔ Siwo Katã Mɔ̃ɖaŋudɔwɔla la Gblɔ la Nana Đekae Te

Vaseɖe esime woke ɖe dzo ŋu, tsɔ kpe ɖe lãwo ƒe fiaɖuƒea ƒe akpa mamlɛa ŋu la, amegbetɔ to dzɔdzɔmenunyiame ƒuƒu ɖuɖu me eye wòwɔ eƒe nɔnɔmetɔtrɔ. Gake tso esime woke ɖe dzo ŋu la, ŋugbledede boo aɖeke manɔmee la, amegbetɔwo tsɔ dzɔdzɔmenuɖuɖuwo de dzoa me, wogblẽ nu vevi siwo le wo me la dome, woɖi gbɔ wo eye emegbe wotsɔ wo nyi woƒe ŋutilã. Le esia me tsonu tẽ ta la, dɔléle siwo katã le fu kpem na ameƒomea katã egbea la do tso eme.

Amegbetɔ ƒe nugbagbevi nye dɔwɔƒe gbagbe si dzɔdzɔme ƒe agbagbadzedze madzudzɔmadzudzɔe tu. Le ɣeyiyi ma ke me la, esi wotu dɔwɔƒe sia la, míaƒe dzɔdzɔme wɔnuku la wɔ ɣe ƒe keklẽ ŋudɔ tsɔ wɔ nu xoxo siwo katã hiã be woatsɔ awɔ ɖoɖo ɖe míaƒe nugbagbevi ƒe dɔwɔwɔ sesẽ akpe geɖe ŋu eye woakpɔ egbɔ be wowɔe wòasɔ ɖe enu. Gakpe ɖe eŋu la, dzɔdzɔme tsɔ nu xoxo mawo da ɖe woƒe blibodede bliboa me kple woƒe akpa vovovoawo ƒe ɖekawɔwɔ si me vodada aɖeke mele o me le bli ƒe nuku sue aɖe me, le granate-ku ƒe nuku si me wode amii me, le weintsetse ƒe atikutsetse aɖe me alo le numiemie ƒe aŋgba aɖe me . Nu mawo katã siwo hiã be woana nu gbagbe si le abe amegbetɔ ene nanɔ agbe la le nuɖuɖu "nu suesuesue" siwo woɖu ɖe vovo la dometɔ ɖesiaɖe me.

Le ŋutilãmenuwo me la, tete ɖa suetɔ kekeake tso nu suesuesuewo gbɔ si mɔ̃ɖaŋudɔwɔla aɖe to vɛ hena dɔwɔƒe aɖe ƒe mɔ̃a ƒe dɔwɔwɔ nyuie, alo vodada aɖe si le nusiwo wotsɔ wɔa dɔe siwo wogblɔ be woakpɔ egbɔ be ewɔa dɔ nyuie ŋu la, hea dɔwɔƒea ƒe dɔwɔwɔ ƒe gbagbã si sɔ kplii vɛ. Le mɔ ma ke nu la, nu xoxo siwo dzɔdzɔme ŋlɔ ɖi be woatsɔ akpɔ egbɔ be amegbetɔ ƒe nugbagbe ƒe dɔwɔwɔ sesẽwo le dɔ wɔm nyuie la ƒe gbegblẽ alo tɔtrɔ suetɔ kekeake hea tɔtɔ vɛ le míaƒe ŋutinuwo ƒe nugbagbeŋusẽ ƒe dɔwɔwɔ si sɔ me eye dɔléle siawo dzena le dɔlélewo ƒe nɔnɔme me.

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Mɔnu vovovo siwo amegbetɔ zãna tsɔ gblẽa nu xoxo siwo da sɔ bliboe siwo dzɔdzɔme ɖo ɖi na eƒe nugbagbevi ƒe dɔwɔwɔ nyuie la tsɔtsrɔ̃ alo wogblẽa wo me la mete ŋu bua tame o. Le taɖodzinu ma ta la, ame deŋgɔ to gbɔgbɔ vɔ̃wo ƒe dɔwɔƒewo, dzodoƒewo, dzodoƒewo kple nuɖaƒewo vɛ. Dzɔdzɔmenuɖuɖuwo ƒe nyonyome ƒe gbegblẽ ɖesiaɖe kplɔa amegbetɔ ƒe nugbagbevi ƒe gbegblẽ si sɔ kplii ɖo. Dzɔdzɔme nunyiame kpɔa egbɔ be míaƒe nugbagbevi la wɔa dɔ nyuie, evɔ nunyiame si mele dzɔdzɔme nu o ya kplɔe ɖo kple eƒe dɔwɔwɔwo ƒe dodo le mɔ si mesɔ o nu. Dɔléle gbogboawo tso alesi dzɔdzɔmenuɖuɖuwo ƒe akpa aɖewo gblẽna le wo ŋu ƒe vovototo gã la gbɔ.

Ne dzɔdzɔmesewo kpɔ eƒe nuhiahiãwo katã gbɔ ko la, ke... amegbetɔ ƒe nugbagbe, si nye nugbagbe si de blibo wu le lãwo ƒe fiaɖuƒea me, ate ŋu anɔ agbe le lãmesẽ nyui me tso ƒe 150 ya teti va ɖo ƒe 200-250 ya teti. Nuɖuɖu siwo woɖa zia amegbetɔ ƒe ŋutinuwo dzi be woawɔ dɔ le woƒe ŋutete si sɔ ƒe teƒe geɖe, ɖeɖi tea wo ŋu kaba, hea dɔléle vovovowo vɛ eye wònaa amegbetɔ ƒe agbenɔƒe nɔa kpuie va ɖoa eƒe ɣeyiɣi si sɔ ƒe akpa sue aɖe ko. Le ɣeyiɣi si me dzɔdzɔmeŋutinunya ƒe ŋgɔyiyi le fifia me la, amegbetɔ ate ŋu aɖe dɔléleawo katã ɖa to asiɖeɖe le nuɖuɖu siwo woɖa ŋu keŋkeŋ me eye emegbe ate ŋu azã eƒe ŋusẽwo ɖe agbenɔƒ Le ɣeyiɣi ma ke me la, le dzɔdzɔmenunyiame gome la, ele be amegbetɔ nakpɔ egbɔ hã be yeƒe dzɔdzɔmenudidi susɔeawo nakpɔ egbɔ. Esiawoe nye ya dzadzɛ, alɔ̃dɔdɔ kaba, fɔfɔ kaba, ŋutilãmedɔ sesẽ wɔwɔ, atsri dzoxɔxɔ si wowɔ kple asi, dzadzɛnyenye, kple bubuawo.

Nunyiame Ŋuti Dɔléle Siwo Tsã Tsã Kple Esiwo Metso Tsã O

Woma nunyiamedɔlélewo ɖe hatsotso vevi eve me: tẽ kple dɔléle siwo metso tẽ o. Nunyiame ƒe dɔléle siwo tsoa nunyiame gbɔ tẽe nye esiwo tsoa nunyiame aɖewo ƒe agbɔsɔsɔ fũ alo bubuwo ƒe anyimanɔmanɔ gbɔ. Dzo kple lãwo ƒe nuɖuɖu kpɔa ŋusẽ ɖe protein kple ami siwo le nuɖuɖua me dzi hedzia wo ɖe edzi, eye le ɣeyiɣi ma ke me la, woɖea nusiwo ŋu nunyiame geɖe le ɖa. Vaseɖe fifia la, dzɔdzɔmeŋutinunya te ŋu de dzesi nu siawo ƒe xexlẽme sue aɖe ko, siwo wotsɔ ŋkɔ na be vitaminwo eye womanɔmee la, agbe

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mate ŋu anɔ anyi o. Woade dɔléle siwo katã nɔa anyi didi kple dɔléle siwo me nunyiame mele o dome. Dɔléleawo doa mo ɖa kple blewu kple adzame si gbɔ eme. Zi alesi dɔlélea meɖo eƒe akpa mamlɛawo me o eye ŋutinuawo medzudzɔ dɔwɔwɔ o ko la, amea bua eɖokui be yele lãmesẽ me. Ne vitamin ƒe veve ƒe akpa aɖe kple esi wotsaka la, dɔlélea medzena to dzesi siwo ku ɖe avitaminosis ŋu koŋ, siwo ŋu woƒo nu tsoe le nusrɔ̃gbalẽwo me dzi o; ke boŋ ewɔa eƒe dzedzeme to nyatoƒoetoto siwo me ɖeɖe mele bɔbɔe o me.

Nuɖuɖumeŋusẽdɔléle siwo metso tẽ o ye nye dɔléle siwo xɔa ame me. Zi geɖe la, nugbagbevi suesue vovovo gbogbo aɖewo nɔa amegbetɔ ƒe nugbagbevi me siwo le nɔnɔme siwo sɔ me wɔa subɔsubɔdɔ si ŋu viɖe le na nugbagbevi la eye wole amegbetɔ ƒe lãmenugbagbevi tɔxɛwo (siwo to vovo) ƒe ŋusẽ te, amesiwo ƒe sededewo wowɔna ɖe wo dzi. Gake to nunyiame si mesɔ o me la, lãmenugbagbevi siwo gblẽ kple esiwo ƒu la gbɔdzɔna ale gbegbe be le Agbetsitsi ƒe Sea nu la, nugbagbevi suesue mawo ɖua dzi, woɖea wo ɖokui tso lãmenugbagbevi mawo ƒe ŋusẽ te, wodzea aglã ɖe woƒe aƒetɔwo ŋu, wozua dɔlékuiwo eye wohea dɔléle siwo xɔa ame me vɛ nyuie ale gbe ɣeaɖewoɣi la, nugbagbevi suesue siwo dzea wo dzi ƒe aɖakɔ si dzea wo dzi, si ado go tsitretsiɖeŋu si ŋu womate ŋu axe mɔ ɖo o le nugbagbe si le lãmesẽ me eye woatsrɔ̃ wo zi ɖeka hafi la, medoa go tsitretsiɖeŋu ma tɔgbe le nugbagbevi si ƒe lãme gbɔdzɔ me o eye wòhea dɔlékui tɔxɛ aɖe vɛ nɛ.

Le nye Armeniagbe me agbalẽa ƒe babla evelia me la, metsɔ teƒe geɖe na dɔléle siwo xɔa ame ƒe kuxia, eye le esia me dzodzro ta la, medzro agbalẽ si ku ɖe "Dɔlélewo ƒe Ŋutilã ƒe Dɔléle Kple Amegbetɔ ƒe Dɔlélewo ƒe Dɔléle Dzɔdzɔmeŋutete" ƒe babla gbãtɔ ƒe akpa aɖewo me to Soviet dzɔdzɔmeŋutinunyala xɔŋkɔ IV Davydovsky, si wota le ƒe 1956. Agbalẽa ŋlɔla to nyateƒenya gbogbo aɖewo siwo ŋu kakaɖedzi le dzi ɖo kpe edzi be menye nugbagbevi suesueawo ŋutɔe ɖi fɔ le dɔléle siwo xɔa ame me o, ke boŋ ŋutilã ƒe nɔnɔme madeamedzi, eƒe ŋusẽ ƒe ɖiɖi le dɔlélenutsiŋutete. Gake nublanuitɔe la, abe nuɖuɖu si woɖa ƒe numame na amewo katã ene la, Davydovsky hã mete ŋu ɖe alesi míawɔ agbugbɔ dɔlélenutsiŋutete ma aɖo anyi alo, esi nyo wue nye be, míaxe mɔ ɖe eƒe ɖiɖi nu me o.

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Vɔvɔ̃ na nugbagbevi suesuesuewo do vɔvɔ̃ na ŋutsuwo ale gbegbe be be woasi le wo nu la, wotoa afɔɖeɖe siwo me afɔku le wu dzi eye ke hã wokpɔa emetsonu siwo tsi tre ɖe wo nɔewo ŋu kura. Nuɖuɖu ƒuƒu ɖaɖa be woatsɔ aƒo asa na nugbagbevi suesuewo nye vodada siwo dzɔa dzi na ame wu le atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya me la dometɔ

Míate ŋu atsrɔ̃ nugbagbevi suesuewo ɖa le anyigba dzi o. Wole afisiafi, woanɔ anyi ɣesiaɣi eye woate ŋu ato mɔ vovovowo dzi age ɖe míaƒe nugbagbewo me. Vevietɔ to míaƒe nuɖuɖu ɖaɖa me la, míegbɔdzɔa míaƒe lãmenugbagbeviwo ƒe dɔlélenutsiŋutete gbã eye emegbe míegblẽa dzɔdzɔme dɔlékuiwutike mawo siwo dzɔdzɔme ɖoe be woawɔ avu kple nugbagbevi suewo le míaƒe nuɖuɖuwo me. Ðɔkta mawo siwo nuɖuɖu siwo woɖa zu numame na gɔ̃ hã ɖo kpe edzi be dɔlékuiwo ƒe ŋutete le vitamin geɖe, siwo gblẽna le dzoa dzi la me. Esia tae lã siwo ɖua gbeɖuɖɔ gbogbo aɖewo mexɔa dɔléle siwo xɔa ame me kloe abe amegbetɔ ene o.

Kansa Lãmenugbagbevi lae Nye Ame Siwo Gblẽna ƒe Vi Tsã Nuɖuɖu

Nuɖala geɖe dina be yewoaxɔe ase be esi amegbetɔ ɖua nuɖuɖu si woɖa ƒe alafa geɖe ta la, ele be wòazu numame nɛ eye ate ŋu akpe fu azɔ ne edze nuɖuɖu ƒuƒu ɖuɖu gɔme zi ɖeka. Ne míagblɔe bubui la, ne míetsɔ mɔ̃memi ƒoɖi kple esi bɔbɔ ɖe anyi wu yɔ ʊu-ʊu me hena ɣeyiɣi aɖe la, ɖewohĩ mɔ̃a va zu numame nɛ eye ate ŋu agblẽ ne wotsɔ ami dzadzɛ ɖɔ li mɔ̃memi ƒoɖia.

Gbã la, ƒe akpe ʊɛ aɖewo ƒe ɣeyiɣi menye naneke ne wotsɔe sɔ kple ƒe biliɔn geɖe siwo me amegbetɔ kple tɔgbuiawo nɔ agbe hetsi le nuɖuɖu ƒuƒu ɖeɖeko dzi o. Gakpe ɖe eŋu la, le nyateƒe me la, nuɖuɖu siwo woɖa ɖuɖu mezu numame na amegbetɔ o la dze le dɔlélewo ƒe anyinɔnɔ ŋutɔŋutɔ me, siwo nu yina eye emegbe nugbagbevi la gatrɔna yia eƒe dɔ siwo sɔ me ne amegbetɔ nya zã nunyiame ƒuƒu ko.

Enye nyateƒe be to nɔnɔmetɔtrɔ ƒe sewo dzi la, míaƒe nugbagbevi dzea agbagba be yeatrɔ ɖe nɔnɔmeawo ŋu eya ŋutɔ na nuɖuɖu si wòxɔna, gake menye le mɔ si ame aɖewo susuna nu o. Nuɖuɖu me nunyiame mawo siwo hiã vevie na lãmenugbagbeviawo ƒe dɔwɔwɔ sesẽwo kple dɔ vevi tɔxɛwo la tsrɔ̃na bɔbɔe le dzo ƒe ŋusẽkpɔɖeamedzi te. Eyata, nuwo ƒe...

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nuɖuɖu siwo nuɖuɖu siwo woɖa buna be wonye nunyiame la mekpɔa nu vevi mawo o, gake protein, ami kple carbohydrates sɔ gbɔ ɖe wo me boŋ, si sɔ gbɔ wu lãmenugbagbeviwo ƒe didi zi gbɔ zi geɖe.

Esi womexɔa nunyiame mawo siwo hiã vevie na woƒe dɔ kɔkɔwo wɔwɔ le lãmenugbagbeviawo si ɣesiaɣi ta la, womeɖoa woƒe tsitsi kple woƒe etɔxɛnyenye blibo gbɔ o alo ne wonya ɖo wo gbɔ ko la, womegate ŋu wɔa dɔ mawo o emegbe. Le ƒe geɖe ƒe nuhiahiãwo kple dzidodo megbe la, ŋkeke aɖe va si me lãmenugbagbevi miliɔn geɖe siwo ƒe ŋutete susɔeawo le wo si la dometɔ ɖeka vo tso mɔ̃ siwo xea mɔ na lãmenugbagbeviwo ƒe tsitsi la me mlɔeba. Emegbe woɖea wo ɖokui ɖa tso hadomegbenɔnɔ gbɔ, wozua ɖokuisinɔnɔlawo eye wotsɔa ŋukeklẽ ɖua lãmenugbagbeviwo tutuɖonu mawo siwo ƒua tsi le lãmenugbagbeviwo dome tsi me le agbɔsɔsɔ gã me, esi lãmenugbagbevi siwo sɔ la gbe wo be wogbɔ woƒe nuhiahiãwo ŋu ŋutɔ, eye wotsɔ dada si dɔgboŋutinunyalawo kafu — proteinawo (vevietɔ lãwo ƒe proteinwo), amiawo kple nitrogen-nuawo katã. Le ema megbe la, wotsina le duƒuƒu dziŋɔ aɖe me, wometsɔa ɖeke le eme o eye wometsɔa ɖeke le eme o, eye wodzina ɖe edzi le mɔ si mewɔ ɖeka o nu va wɔa nu gbagbe dziŋɔ aɖe, si nye nu gbagbe yeye aɖe, si le eƒe tsitsi me la, ebɔbɔa eɖokui ɖe anyi, tsrɔ̃a nusianu si ƒo xlãe eye mlɔeba la, egblẽa nu le ŋkeke nyui ɖeka ŋu ɖiɖi xɔ wɔnuku ma, si nye amegbetɔ ƒe ŋutilã. Nuwɔwɔ yeye ma ƒe ŋkɔe nye kansa. Enye nuɖuɖu si woɖa ƒe dzidzimevi vavãtɔ ɖu.

Esime nu gbagbewo do le míaƒe ɣletinyigba dzi zi gbãtɔ la, dzɔdzɔme nɔ esi xɔtunu vevitɔ kekeake (protein, ami kple carbohydrates) koe, si me wòkpɔ dzidzedze le tsɔ wɔ nugbagbevi gbãtɔ siwo me lãmenugbagbevi ɖeka le. Abe alesi ko to tsilindo, mɔ̃ alo nu sue aɖe tsɔtsɔ kpe ɖe eŋu me la, mɔ̃ɖaŋudɔwɔla tsɔa dɔ yeye aɖe kpena ɖe eƒe dɔwɔƒea ŋu ene la, nenema ke to nu yeye aɖe tsɔtsɔ kpe ɖe eƒe xɔtunuwo (amagbewo) ŋu emegbe me la, dzɔdzɔme nana dɔ yeye aɖe kpena ɖe lãwo ƒe ŋutinuwo ŋu. Dɔ sesẽ sia na dzɔdzɔmenuwo nɔ dɔ dzi ƒe biliɔn geɖe, eye le ɣeyiɣi ma me la, ewɔ eƒe nu xoxo

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atikutsetse siwo míenya egbea, kple to amagbewo ƒe nu xoxo mawo ƒe dɔwɔƒe dzi, gake le ɣeyiɣi ɖeka me kple woƒe nɔnɔmetɔtrɔ la, ewɔ lãmenugbagbevi ɖeka si me lãmenugbagbevi ɖeka le si wòwɔ wòzu lã wɔnuku aɖe.

Nublanuitɔe la, esi woke ɖe dzo ŋu vɔ la, amegbetɔ ƒe dzɔdzɔmetɔtrɔ la tɔ eye nusi gavloe wue nye be ele megbe yim le ame dzɔtsu aɖe ƒe ablaɖeɖe nu. Dzo kple nu gbegblẽ ƒe mɔnu bubu siwo nye fewuɖunu siwo amegbetɔ deŋgɔ to vɛ la gblẽa nunyiame deŋgɔ mawo katã siwo wodzra ɖo le ƒe biliɔn geɖe me le dzɔdzɔmenuɖuɖuwo me eye le esia ta le lãwo ƒe lãmenugbagbeviwo me, eye wotrɔa wo yia woƒe ƒomevi gbãtɔ me, gake wotsɔa veviedodo gãtɔ kekeake naa wo xɔtunu siwo bɔ wu siwo naa lãmenugbagbevi mawo tsina taɖodzinu aɖeke manɔmee. Kansa lãmenugbagbeviwo nye lãmenugbagbevi gbãtɔ mawo ƒe kpɔɖeŋu vavãwo. Le nugbagbeŋutinunyala siwo mekpɔa nu kpuie gome la, ŋutilãa ƒe xɔtunuwoe nye proteinawo, siwo nye kpe kple anyikpe dzro siwo le xɔtunu si bɔ ŋutɔ me. Wometsɔ ɖeke le aŋɔ ƒomevi vovovoawo kple nyatakaka gbogbo siwo hiã vevie na dɔwɔƒe sesẽ aɖe tutu, eye womeli le nyilã alo lãgbalẽ si woɖana me o la me o.

Le nye Armeniagbe me agbalẽa ƒe babla evelia me la, mezãe kloe axa 300 na dɔdzẽ ƒe dzɔtsoƒe ƒe kuxia me dzodzro.
Le esia ta la, meto agbalẽ vevi aɖe si Amerikatɔ lãmenugbagbeviwo ŋuti nunyala xɔŋkɔ E. V. Cowdry ŋlɔ si ƒe tanyae nye "Cancer Cells" (ƒe 1955), si nye numekuku vovovo siwo wowɔ tso nya sia ŋu la dometɔ si de blibo wu eye woƒo numekuku veviwo katã nu ƒu, nyatakakawo, . nukpɔsusuwo kple nyataƒoƒo siwo dzɔdzɔmeŋutinunyala xɔŋkɔ gbogbo aɖewo ta. Menɔ te ɖe numekuku ŋuti nyatakaka siwo lãmenugbagbeviwo ŋuti nunyalawo ŋutɔ xɔ dzi ɖo kpe edzi kɔte be kansa lãmenugbagbeviwo dzɔ tso nunyiame siwo de ŋgɔ wu ƒe anyimanɔmanɔ kple xɔtunu mawo siwo bɔ siwo dea lãmenugbagbeviwo ƒe tsitsi taɖodzinu manɔmee ƒe agbɔsɔsɔ si gbɔ eme gbɔ.

Nuɖuɖu Siwo Woɖa ƒe Numame Nye Afɔku Wu Le Wo Katã Me

Nu gbegblẽ wɔwɔwo

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Le dzɔdzɔme nu la, nuxlẽla ate ŋu abia eɖokui be nukatae dzɔdzɔmeŋutinunyala kple nufialagã xɔŋkɔ gbogboawo dometɔ aɖeke mekpɔa nyateƒenya bɔbɔe siawo o eye nukatae ame aɖeke megblɔna na mí be nuɖuɖu si woɖa ɖuɖu ƒe numamea mele dzɔdzɔme nu o eye afɔku le eme hã o. Nusitae nye be ameƒomea katã nye nuɖuɖu ƒe numamewo eye nuɖuɖu zu numame na amesiame ƒe ŋku gbã. Ame aɖeke menya be nuɖuɖu si woɖa nye nu gbegblẽ eye be enye nu gbegblẽ si dzi ŋɔ wu le nyateƒe me o. Menye nu ƒomevi ɖeka ko ƒe dzodzroe wònye o, ke boŋ enye ame ƒe didi vevie be yeakpɔ nu akpe geɖe ƒe ƒuƒoƒo (eye nusiwo "nukutɔe," "nu siwo wodi" kawoe le ema me!). Gakpe ɖe eŋu la, nuɖala siwo mekpɔa nu kpuie o kpɔa kesinɔnuwo kple nu nyuitɔ kekeake le nu gbogbo siwo me woɖea nuɖuɖuwo ɖe anyi le la me, evɔ amemabumabu gbogbo ma tututue hea nuveviwɔame gbogbo aɖewo vɛ, si ƒe dzesi ŋutɔŋutɔ woate ŋu akpɔ le dɔléle vovovo gbogbo siwo xɔ aƒe ɖe xexeame

Nu mawo siwo me aɖi le, abe tii, kɔfi, kokoo, atama, aha, opium, cocaine, morphine, kple bubuawo ene, va zu numame na amegbetɔ. Nuɖuɖu siwo woɖa la naa aɖi vovovo gbogbo aɖewo siwo le ɣeyiɣi aɖe megbe la, wodzrana ɖo ɖe nugbagbevi la ƒe akpa vovovowo, abe ʊukawo kple ʊukawo ƒe gliwo, ƒunukpeƒewo dome, ami ƒe lãmenugbagbeviwo titina kple teƒe bubuwo ene. Abe alesi atikevɔ̃ɖizãla ƒe didi vevie be yeaɖu heroin metsoa eƒe ŋutilã ƒe ŋutilãmenuhiahiã siwo sɔ gbɔ o ene la, nenema ke nuɖuɖu si woɖa ƒe didi, si nye dɔwuame ƒe seselelãme, menye nusi eƒe nugbagbevi bia tso esi le dzɔdzɔme nu o; ke boŋ eƒe numamea ƒe didie. Enye seselelãme siwo aɖi siwo woƒo ƒu ɖe amegbetɔ ƒe nugbagbevi me ʊãna la ɖeɖefia; enye dɔléle siwo le ŋutilã me ƒe didi, amegbetɔ ƒe futɔ vɔ̃ɖitɔ kekeake ƒe yɔyɔ.

Wotsɔa nu gbegblẽ dziŋɔ ma dea amegbetɔ ɖesiaɖe ƒe ŋutilã me eya ŋutɔ dzilawoe wɔe, tso vidzidɔa dzi tututu. Esia tae zi alesi vidzĩ dze dzesidede gɔme eye wòdze nuƒoƒo gɔme la, nuɖuɖu ƒe numame va lée sesĩe xoxo eye tso ɣemaɣi vaseɖe eƒe agbe ƒe nuwuwu tututu la, ebua nuɖuɖu si woɖa be enye yeƒe nuɖuɖu si sɔ kple eƒe dzodzro sesẽ

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elabena eyae nye eƒe ŋutilãmenudidi; esiae wòbuna vodadatɔe be enye dɔwuame ŋutɔŋutɔ.

Menye Dɔwuamee Nye Nuɖuɖu Si Woɖa ƒe Didi O

Ne nuɖala si ɖua nu dze agbagba be yeaɖu dzɔdzɔmenuɖuɖuwo ɖeɖeko, abe walnut, nukuwo, atikutsetse ƒuƒu kple amagbe ƒuƒu ene, eye nuɖuɖu ƒuƒu ƒomevi aɖeke megadzroe o la, eƒe nugbagbevi ƒe dzɔdzɔmenudidiwo va ɖoa eƒe nugbagbevi ƒe dzɔdzɔmenudidiwo gbɔ keŋkeŋ le ɣeyiyi ma me eye eɖi ƒo nɛ bliboe. Gake togbɔ be ele alea hã la, ne ɖe wòle be wòano nuɖuɖu siwo wòhiã gbesiagbe ƒe teƒe geɖe xoxo hafi hã la, egawɔa nu abe ɖe meɖu naneke o ene eye wòsena le eɖokui me be yehiã nuɖuɖu si me lã si me wode nuɖuɖuvivinuwoe ŋutɔ, si me nunyiame le eye wòvivina ŋutɔ. Esia meganye dɔwuame o. Enye dziku si aɖi siwo wodzra ɖo ɖe ŋutilã me eye fifia wobia aɖi yeyewo hena vɛ. Enye gbɔgbɔ vɔ̃ si mlɔ afima wòkeke eye wòbiaa dɔwɔnu yeyewo be woatsɔ avuvu amegbetɔ ƒe nugbagbevi la ƒe ɣlidodo. Ame si ɖua nu ƒuƒu aɖaŋudzela si ƒe tame sẽ la sea ɣlidodo ma le eƒe sesẽwo katã me gbesiagbe, gake eŋea aɖaba ƒua edzi kple eƒe luuɔ blibo eye meɖea asi le eŋu zi ɖeka pɛ hã o.

Nuɖuɖu Si Woɖa Zi Amegbetɔ ƒe Ŋutinuwo Dzi Be Woawɔ Dɔ Le Woƒe Ŋutete Si Sɔ ƒe Zi Etɔ̃ Vaseɖe Ene

Dzɔdzɔmeŋusẽ si wodzra ɖo ɖi ƒe nudzraɖoƒe le amegbetɔ ƒe ŋutinuwo katã me. Zi geɖe la, wowɔa dɔ le woƒe ŋutete ƒe akpa enelia nu, eye wodzraa woƒe ŋusẽ susɔea ɖo be woazã emegbe le nɔnɔme kpata tɔxɛ aɖe me alo le tsitsime. Eyata le nɔnɔme "siwo sɔ" me la, dzia ƒe ʋuʋu ƒe tsɔtsɔme nye 70- .
72 le aɖabaƒoƒo ɖeka me (evɔ amesi ɖua nuɖuɖu ƒuƒu tɔ ya nye 58-62 ko), si le nɔnɔme tɔxɛwo me la, woate ŋu adoe ɖe dzi wòagbɔ 200 le miniti ɖeka me.
Le afisia hã la, le gbɔgbɔ si sɔ me la, ya 500 cc toa lãkusi me hedoa go, gake to gbɔgbɔ ƒe agbagbadzedze tɔxɛ aɖe me la, míate ŋu agbɔ ya si ade cc 3700

Nuɖula ɖula wɔa eƒe nuɖuɖumeŋusẽ ŋudɔ le akpa enelia me woƒe ŋutete si ate ŋu anɔ wo si, si wɔnɛ be eƒe ŋutinuwo metsɔa agba fũ alo ɖeɖi metea eŋu gbeɖe o. Gake nuɖala si ɖua nu ya, le esi wòdo eƒe nuɖuɖudzroame to nɔnɔme siwo me wòtrɔ asi le me vɔ megbe, si doa dziku nɛ

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nu ʋeʊĩwo, aperitifs kple atike bubu siwo me susu mele o siwo doa ŋusẽ ame, yɔa eƒe dɔgbo me ale gbegbe be wozia nuɖuɖumeŋusẽwo dzi be woatsɔ woƒe ŋusẽ siwo katã wodzra ɖo la ade dɔwɔwɔ me eye le ɣemaɣi gɔ̃ hã la, womete ŋu nɔa te ɖe nudidi si wobia tso wo si nu o. Afisi wozi amegbetɔ dzi be wòatrɔ nuɖuɖu nyɔŋu la to mɔ ma ke si dzi wòɖoe ɖa la dzi alo atsɔ atike siwo wotsɔna kɔa nuɖuɖui anyae le eƒe dɔgbowo me. Nukutɔe la, nuɖala si ɖua nu la mebua nuwɔna mawo tɔgbe siwo sɔ gbɔ be ewɔ nuk

To nuɖuɖumeŋusẽ ƒe agba si gbɔ eme me la, woɖoa ŋutinu kpeɖeŋutɔ geɖe ŋutɔ hã be woawɔ dɔ, abe dzi, aklã kple ayiku ene.
Eteƒe medidina hafi dɔ bubu siwo ŋutinu siawo wɔna la kpɔa ŋusẽ ɖe wo dzi be ɖeɖi tea wo ŋu eye wònana womegawɔa dɔ kaba o. Eyata mewɔ nuku o be le esia ta ame ƒe agbenɔƒe dzi ɖena kpɔtɔna zi gbɔ zi geɖe. To nusiwo ŋu viɖe aɖeke mele o, siwo gblẽa nu le ame ŋu, kple aɖinuwo ɖuɖu me la, nuɖuɖu ƒe numame naa eƒe dzodzrowo dzea eŋu, enaa eƒe dɔgbo ƒe dɔwɔwɔ tutua, eye wòwɔa alakpanuwɔwɔ na eɖokui be yeƒe dzi dze eme, evɔ le nyateƒe me la, eƒe lãmenugbagbeviwo ya le hũ ɖem le dɔwuame ta le nunyiame veviwo ƒe anyimanɔmanɔ ta . Nuɖula ƒuƒu ƒe dɔgbo nɔa ɖiɖim ɖe eme ɣesiaɣi, togbɔ be zi geɖe la, eƒe dɔme ƒuna hã, gake eƒe ŋutilã yɔ fũ eye wòɖi ƒo le gɔmesese ŋutɔŋutɔ nu vavã.

Ne nuɖala aɖe ɖoe be yeatrɔ ɖe nuɖuɖu ƒuƒu ŋu la, gbã la, mesena le eɖokui me gbeɖe be yeƒe dzi dze eme o, aleke kee wòɖaɖui o. Zi geɖe le esi teƒe be nuɖuɖu numame nase le wo ɖokui me be yewole dzidzɔ kpɔm la, nɔnɔme ma medzea wo ŋu o. Le woƒe nukpɔsusu nu la, nusita woƒe dɔwuame si yia edzi la tso nyateƒe si wònye be nuɖuɖu siwo woɖuna la ƒe nunyiame mesɔ gbɔ o eye viɖe aɖeke mele wo ŋu abe nunyiame ene o. Esia nye nukpɔsusu totro dziŋɔ aɖe. Kura o, nunyiame le nuɖuɖu mawo me eye woda sɔ bliboe. Amegbetɔ ƒe lãmenugbagbeviwo kpe fu ƒe geɖe le woƒe anyimanɔmanɔ ta. Amegbetɔ ƒe nuɖuɖumeŋusẽ ƒe ŋutetewo sɔ kple woƒe wɔwɔme kple woƒe akpa siwo le wo me ƒe ɖoɖo bliboe. Esia tae dɔgboa xɔa nuɖuɖu mawo kple dzidzɔ, enaa wo fa kabakaba eye wòtsɔa wo yia dɔgboa me hehena ɖe megbe boo o, evɔ lãmenugbagbeviawo ya le woawo ŋutɔ ƒe tɔtrɔ me, siwo ƒe lãme gbɔdzɔ eye wogbɔdzɔ abe alesi wole le dɔwuame ta ene la, xɔa nu xɔasi mawo vevie eye wobiaa nu geɖe wu enuenu eye wo dometɔ geɖe wu.

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Lãmenugbagbevi siwo ŋu dɔlélea le la haya, esiwo ƒe lãme gbɔdzɔ la haya, esiwo mewɔa dɔ o la gakpɔa ŋusẽ ake. Gake ami lãmenugbagbeviwo ya dzea ƒoƒo gɔme to dɔwuame me, aɖi siwo ƒo ƒu la nu yina vivivi eye tsi si mehiã o la dona le ŋutilãa me. Emegbe lãmenugbagbevi siwo sɔ, siwo le dɔ wɔm la va xɔna ɖe lãmenugbagbevi kuviatɔ mawo siwo woda ami le kuviawɔwɔ kple dɔmawɔmawɔ ta la teƒe. Alesi ŋutilãa ƒe kpekpeme dzi ɖena kpɔtɔna kabakaba la nye dzesi si ŋu kakaɖedzi le be lãmesẽ kple ŋusẽ gaɖo eŋu.

Ele be nyateƒenya sia natsɔ dzidzɔ kple dzidzɔ ayɔ ŋutsu ƒe dzi me fũ. Elabena nunyiame mawo kaka ɖe eƒe ŋutilã katã me enumake eye wonaa lãmesẽ, ŋusẽ, ŋusẽ kple ŋusẽe. Enye zi gbãtɔ le eƒe agbe me si togbɔ be eƒe ŋutinuwo kple lãkusiwo katã kpɔa nunyiame gbogbotɔ kekeake hã la, wote ŋu wɔa dɔ le akɔfafa me eye wònɔa bɔbɔe. Ne gbemagbe la, eɖu nuɖuɖu ƒuƒu si sɔ gbɔ wu esi eƒe nugbagbevi hiã, alo eƒe dɔgbowo kple lãmenugbagbeviwo te ŋu xɔe hã la, eƒe dɔgbo magbee o, eye mahe lãmetutudɔ ƒe seselelãme aɖe vɛ le eme, si ana wòawɔe o nyae do goe kple ŋutasẽnuwɔwɔ kple ŋusẽ. Nuɖuɖu siwo wu eƒe nuhiahiã siwo sɔ la manɔ dɔgboa me be wòagblẽ o; womatrɔ wo woazu aɖi alo ahe nuɖuɖumeŋusẽ ƒe kuxi aɖeke vɛ o. Ke boŋ ne womewɔ nuɖuɖumeŋusẽ o la, woato ƒodoa me age ɖe dɔgbowo me zi ɖeka eye emegbe woadzo le ŋutilãa me kple aɖuɖɔ le ŋkeke ma tututu dzi, eye womegblẽ nu boo aɖeke le nugbagbevi la ŋu o. Eyata eƒe dɔgbo anɔ bɔbɔe ɣesiaɣi, evɔ nunyiame siwo da sɔ bliboe ya ayɔ eƒe dɔgbowo kple eƒe ʊu me.

Emegbe le ɣeyiɣi ma tɔgbe me la, na wòadze agbagba aɖu nuɖuɖu si woɖa ƒe kakɛ ʊɛ aɖewo ko. Eƒe dɔgbo agbe nu wɔnuku mawo siwo melɔ̃ o la kple dziku. Togbɔ be vivisese si gbɔ eme si eƒe aɖu sea le eɖokui me hã la, kakɛ mawo anɔ eƒe dɔgbo me ɣeyiɣi didi aɖe, woawɔ dɔ abe nuxenu ene atsɔ axe mɔ ɖe eƒe nuɖuɖudzroame nu eye woana eƒe nuɖuɖumeŋusẽ ƒe dɔwɔwɔ si sɔ la nazu lãmetututɔ. Gake nuɖala si ɖua nu la ƒe dzi dzea eme ŋutɔ eye wòkpɔa dzidzɔ ɖe nɔnɔme ma ŋu, elabena eɖi kɔ na eƒe dzodzrowo, etsɔ eƒe dɔgbo de eme eye fifia "wòyɔ fũ." Ŋutsu si kpɔ asixɔxɔ si le nuɖuɖu ƒuƒu ŋu dze sii la vɔ̃na na nɔnɔme ma. Ese egɔme bliboe be amagbe ƒuƒu ƒe nunyiamewoe naa nunyiame ŋutilãa, evɔ ame kuku kukuwo yae naa nunyiame

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do tso dzoa me nye dzotsinuwo dzro ko, kple aɖi kple dɔléle vovovowo tsoƒe.

Ele Be Lãmenugbagbevi gbagbewo Nanye Amegbetɔ ƒe Nuɖuɖu Kple Menye Lãmenugbagbevi Kukuwo ƒe Ame kukuwo o

Nuɖuɖu siwo da sɔ bliboe nye lãmenugbagbevi gbagbewo. Fifia amagbewo ƒe ŋutilã, le dzodzo le anyigba dzi megbe la, nɔa agbe ɣeyiɣi didi aɖe. Rose-ti yia edzi le seƒoƒo ƒom le vase me, evɔ nukuwo ya miena ne wodo wo ƒe geɖe le wo nuƒoƒoƒu megbe. Gake lã siwo wowu alo notsi si wofi le woƒe ŋutilã me ƒe lãmenugbagbeviwo kuna zi ɖeka, eye emegbe wodzea gbagbã gɔme hetrɔna zua aɖi, evɔ nuɖaɖa ya trɔa wo wozua nu dziŋɔ ŋutɔŋutɔ. Be woabu lãwo ƒe protein be enyo wu amagbewo ƒe protein nye ʊɔnudɔdrɔ̃ ƒe vodada wɔnublanuitɔ kekeake, si nye kpeɖodzi si dze ƒã be nugbagbeŋutinunyala siwo subɔa lãwo mekpɔa nu kpuie o. Ne míelɔ̃ ɖe edzi be lãwo ƒe nugbagbevi la tsɔa amagbewo ƒe proteinwo yia teƒe bubu eye wòtrɔa wo wozua nunyiame siwo da sɔ bliboe la, ekema ele be lã mawo abe akpɔkplɔ, amegãxi, avu, avu kple amegãxi siwo ɖua protein "siwo da sɔ bliboe" alea ƒe lã nanye esiwo nunyiame ƒe asixɔxɔ gãtɔ kekeake; evɔ aɖi si le lã mawo ƒe lã me ya dze ƒã ale gbegbe be lãɖuɖu ƒe numame si tsɔ eɖokui na wu gɔ̃ hã metsɔa dzideƒo ɖunɛ o.

Nu gbagbeŋutinunyala mawo siwo woawo ŋutɔ ƒe didi vevie ʊãna be... di viɖe tɔxɛwo le lã me, le nusi woyɔna be amino acid siwo womate ŋu aɖɔli o didi me la, womebu nuwɔna si nye be amino acid mawo dzɔ tso gbe siwo bɔ wu siwo lãwo ɖuna me ŋu o To dzɔdzɔmeŋutinunya ƒe se ka dzie nyitsu ƒe nugbagbevi ate ŋu awɔ wɔa amino acidwo tso gbe kple gbe vɔ̃ɖitɔwo kekeake me, gake mɔnu mele amegbetɔ ƒe nugbagbevi si be wòatsɔ amagbewo ƒe nuɖuɖu siwo me nunyiame le wu la adzra atike mawo ke ɖo oa?
Aleke gbegbee Indiatɔ miliɔn geɖe le agbe amino acid siwo lã nana la manɔmee?

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Nukpɔkpɔ Kpuie Nye Atikewɔwɔ ƒe Gblẽƒe Gãtɔ

Vodada gãtɔ kekeake si nugbagbeŋutinunyala siwo nuɖuɖu siwo woɖa zu numame na la wɔ nye woƒe nukpɔkpɔ kpuie. Womiaa ŋku ɖe nuveviwɔame mawo siwo dze abe ɖe wole sue ene la ŋu eye womekpɔa emetsonu sesẽ siwo dona tso nusiwo wòdze abe ɖe womate ŋu atsɔ ɖeke le eme o ene me kaba alo emegbe la do ŋgɔ o. Mina míatsɔ kpɔɖeŋu υɛ aɖewo awɔ míaƒe nya la ƒe kpɔɖeŋui. Aɖi yɔa nuɖuɖu siwo woɖa, vevietɔ lãnuɖuɖuwo me fũ. Fifia, ame aɖeke medea dzesi aɖi si nɔa anyi didi si yia edzi ɣesiaɣi le mɔ si womate ŋu ade dzesii o nu o eye ne aɖi ma tɔgbe ta la, aklã, dzi alo ayiku gblẽ le ɣeyiɣi aɖe megbe gɔ̃ hã la, wogblɔna be nu siwo womenya o gbɔe nɔnɔmea tso. Ne aɖia gakpɔtɔ nu sẽ wu eye aɖuɖɔtoe kple υuυudedi kpe ɖe eŋu la, wobua eŋu be enye dɔgbo ƒe dɔléle. To aɖidede me la, wosea nɔnɔme ma si gblẽa nu le nugbagbevi bliboa ŋu eye wòdoa ŋɔdzi na amesi ŋu wowɔ nuvevii be wòaku enumake la ko gɔme. Aleke gbegbe wotsɔa ame maɖifɔ ƒe agbe saa vɔe le mɔ sia nu!

Ŋutsuwo mekpɔa ɖiƒoƒo si toa nuɖuɖu me toa woƒe υukawo kple υukawo me gbesiagbe o, eye ne ebɔbɔ nɔ υukaawo ƒe gliwo dzi ƒuƒoƒo ɖesiaɖe la, enaa woƒe mɔwo dzi ɖena kpɔtɔna eye kasia υua ƒe sisi nu tso gbeɖeka, kpuie -kpɔlawo bua nudzɔdzɔa be enye "nusi womele mɔ kpɔm na o."

Ŋutsuwo medea dzesi nyaƒoɖeamenu dziŋɔ si tsiɖɔɖɔ sesẽ siwo le du dzi yina ɖe tɔdzisasrã gã aɖe si ƒe kpekpeme ate ŋu axɔ tɔn miliɔn geɖe gbɔ o. Gake ne tɔdzisasrã ma si nɔ υuυum ɣeyiɣi didi aɖe le tsiɖɔɖɔ mawo ƒe ŋusẽkpɔɖeamedzi te la mu mlɔeba la, wogblɔna be kpe si ɖevi sue aɖe tsɔ ƒu gbe ɖe edzi le vo me gbɔe wòtso be wògbã mlɔeba. Míekpɔ nukpɔsusu nyuitɔ si le lã ɖula si le nusiwo gbɔ kansa tsona ŋu xoxo. Le esia ta la, asixɔxɔ aɖeke mele "kansadɔlékui" 400 siwo numekukuŋutinunyalawo tsɔ ɖo ŋkume na mí, amesiwo nuɖuɖu si woɖa zu numame na, siwo dometɔ aɖewoe nye mɔ̃wo ƒe dzikudodo kple sigaret ƒe dzobibi ene la, ƒe asixɔxɔ mede kpe si ɖevia tsɔ ƒu gbe la nu o.

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Lãmenugbagbevi miliɔn geɖe le ŋutinu ɖesiaɖe si to dɔ sesẽ wɔwɔ siwo me wowɔa ŋutinu ma ƒe dɔ le me. Ne nu vevi aɖewo mele nunyiame si wozi ɖe lãmenugbagbevi mawo dzi me o la, lãmenugbagbeviawo tea ŋusẽ vɔ eye womegazãa wo o. Ŋusẽ si wodzra ɖo la va le agblea me fifia, gake eteƒe medidina hafi woawo hã vɔna o. Zi alesi ŋutinua yi eƒe dɔwo dzi le mɔ aɖe nu alo le mɔ bubu nu ko la, ame siwo mekpɔa nu kpuie la mekpɔa akaɖi dzĩ la o; gake ne etsi megbe mlɔeba le eƒe dɔwɔnawo me la, wogblɔna be ŋutinu ma tɔgbe le dɔ lém eye wozãa atikewo. Gake, ɖe wòanya wɔ be atikekui sue aɖe alo aɖi ƒe agbɔsɔsɔme aɖe ate ŋu axɔ ɖe nuɖuɖu siwo wotɔ dzoe ƒe geɖe ƒe nunyiame siwo le wo me teƒe gbeɖeka eye wòatrɔ woƒe ŋutete si bu na lãmenugbagbevi siwo nye nuwɔametɔwo na dɔ tɔxɛwo wɔwɔa?

Ne lã, azi, bɔta kple cheese mlɔ nuɖuɖutoƒea ŋkeke geɖe vɔ la, wogblẽna eye wònana dɔgboa vuvu, eye eƒe dzesi si bɔ wue nye aɖuɖɔtoe. Gake ne ɖevi aɖe ɖe aɖuɖɔtoetetedɔ ƒe dzesiwo fia ŋutɔŋutɔ la, wobua fɔe bliboa ɖe atikutsetse ƒe lãgbalẽ ʊɛ aɖewo siwo wokpɔna le aɖuɖɔ me dzi. Ame aɖeke mebiaa alesi atikutsetse ƒe ŋutigbalẽ ate ŋu ana ɖevia ƒe dɔgbo naxɔ abi aɖeke ne womegblẽ alo gblẽ o la, wogblẽ ŋutilãa ɖi matrɔmatrɔe le gaƒoƒo ʊɛ aɖewo me tso esime woge ɖe eme o. Nublanuinya bliboa do tso nyateƒe si wònye be amewo bua azi, lã, bɔta kple anyitsi be wonye nuɖuɖu siwo sɔ eye wole vevie, gake atikutsetse be wonye nu evelia, si woate ŋu aɖu alo womaɖu o la gbɔ. Ɣeaɖewoɣi la, wobua eŋu gɔ̃ hã be ehiã be woaxe mɔ na ɖeviwo be woagaɖu atikutsetse o ale be "woagaɖe woƒe dɔgbo ɖa le ɖoɖo nu o."

Womate Ŋu Abu Nuɖula Si Woɖa Ƒe Kpekpeme Be Enye Lãmesẽ Nyui ƒe Dzesidenu O.

Lolo akpa Nye Dɔléle si me Afɔku Le Wu

Zi alesi amegbetɔ ƒe nugbagbevi la gakpɔtɔ te ŋu nɔa te ɖe nusi mele dzɔdzɔme nu o nu ko nuɖuɖu eye be wòayi eƒe avuwɔwɔ kplii dzi la, nyatoƒoetoto vovovowo dzena, abe nuɖuɖu ƒe dzodzro, nuɖuɖumadzroame, dɔgbo ƒe dɔléle kple dɔgbo ƒe dɔléle bubuwo, dɔgbo ƒe dɔléle, kple bubuawo ene. Esiawo katã nye nugbagbea ƒe avuwɔwɔ be yeazã mɔnu ɖesiaɖe le yeƒe gotagome ɖeɖefia

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tsɔtsɔ ƒu gbe be woatsɔ aɖe nuɖuɖu si mesɔ ɖe dzɔdzɔme nu o ƒe nugbegblẽ le ame ŋu ɖa eye wòanya aɖi siwo wòna la ɖa le ŋutilãa me. Dɔnɔa dzea lolo dzi ɖeɖe kpɔtɔ gɔme eye emegbe wodzea agbagba be yewoado ŋusẽe to nuɖuɖu "siwo me nunyiame le" nanae me. Gbesigbe woɖu nugbagbevi la dzi mlɔeba eye eƒe avuwɔwɔ nu tso la, amegbetɔ doa gbe na xexe sia alo to vovo na ema la, eƒe nuɖuɖudzroame dzina ɖe edzi eye wòdzea nuɖuɖu si meɖia ƒo o, be wòaɖu nu nyuie, be wòalolo, “be wòaganɔ lãmesẽ me.” kple ŋusẽdodo." Ne míagblɔe bubui la, gbemagbe la, amegbetɔ ƒe nugbagbevi la, esi wòɖe asi le eƒe avuwɔwɔ ŋu la, "trɔna ɖe" eɖokui ŋu ɖe nuɖuɖu si mele dzɔdzɔme nu o ŋu eye woɖoa gɔmeɖoanyi na amegbetɔ ƒe dɔléle siwo me afɔku le wu dometɔ ɖeka —ŋutilã si mele dzɔdzɔme nu o.

Esi nuɖuɖu siwo mele dzɔdzɔme nu o ƒe nyaƒoɖeamenu dzi ɖe kpɔtɔ ta la, wozia ŋutilãa dzi be wòawɔ nu ɖe eɖokui ŋu eye wòaxɔ nu gbegblẽ vovovo siwo nuɖuɖu mawo wɔ la ƒe ƒuƒoƒo ɖe nugbagbeviawo me. Emegbe wotsɔa amiwo, uric acid kple nusiwo woɖe tso eme, cholesterin, dze si bɔ, tsi siwo sɔ gbɔ, lãkusiwo, lãmenugbagbevi siwo mewɔa dɔ o kple esiwo me dɔlékuiwo le, lãmenugbagbevi gã siwo me nucleus geɖe le (polykaryocytes), lãmenugbagbevi siwo ƒe nucleus lolo akpa (megakaryocytes), kple bubuawo wɔa nusiwo wotsɔ dea tsia me. Ɣeaɖewoɣi la, lãmenugbagbevi siawo ƒe lolome dea lãmenugbagbevi siwo sɔ ƒe teƒe alafa geɖe, gake ŋutete mele wo ŋu be woawɔ dɔ aɖeke si ŋu viɖe le o.

Nu manyatalenu mawo katã ƒoa ƒu ɖe ŋutilã me tsɔ wɔa nu ɖe amegbetɔ me lãmesẽ kple ŋusẽ ƒe alakpanuwɔwɔ, evɔ le nyateƒe me la, eƒe lãme gbɔdzɔ vivivi. Eƒe lãmekawo va nɔa sue eye wogbɔdzɔna, eƒe lãmenugbagbevi tɔxɛ siwo le dɔ wɔm ƒe xexlẽme dzi ɖena kpɔtɔna, eye eƒe ŋutinuwo gblẽna. Ŋutsu "sesẽtɔwo," "sesẽ" mawo siwo ƒe abɔtawo le ʊuʊum, alɔ siwo da ami ɣiwo, asiwo le abe aŋɔ ene eye ami ƒe ƒuƒoƒo siwo le xɔxlɔ̃m, siwo dometɔ geɖe le míaƒe xexeame la, nye, le nyateƒe me la, ƒunukpeƒe siwo ŋu ŋutigbalẽ tsyɔ. Wo dometɔ ɖesiaɖe tsɔ alẽ dami aɖe, si wònaa nuɖuɖu femaxee eye wòtsɔa eɖokui yia afisiafi la tsɔa agba ɖe eƒe lãmeka siwo gbɔdzɔ eye wogbɔdzɔ la dzi. Gake ewɔ nuku be ame mawo ƒoa adegbe ɣesiaɣi le woƒe lãmesẽ, ŋusẽ kple ŋusẽ ŋu.
Wodaa akpe ɖe woƒe sesẽ ta ale gbegbe be ɣesiaɣi si woƒo nu tso eŋu le dzeɖoɖo me la, woka asi ati ŋu alo le Ɣedzeƒe gome la, wofaa avi; be woagaɖe woƒe kpekpeme si ŋu wodea asixɔxɔe la ƒe nuku ɖeka pɛ hã o. Ame ate ŋu atsɔ nukpɔkpɔ kpui wɔnublanui sia tɔgbe ƒe kpɔɖeŋuwo ayɔ babla wuieve me.

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Atike aɖeke Mate Ŋu Axɔ Ðe Nusiwo Wogblẽ Le Dzoa Me Teƒe O

Atike siwo katã wozãna le afisiafi la nyea dzesiwo. Ne míagblɔe bubui la, wonyea atike siwo naa gbɔdzɔe dɔnɔa hena ɣeyiyi aɖe alo be woaɣla dɔlélea ƒe dzesiwo. Le go aɖeke me la, womate ŋu axɔ ɖe nunyiame ƒuƒu siwo dome gblẽ le nuɖazewo kple agbawo me teƒe o. Dzɔdzɔmeŋutinunyala gã geɖe de se ɖe atike muamewo zazã nu vevie. Le England la, le numekuku sesẽ aɖe si xɔ ƒe ene kple afã le Eŋlisiawo ƒe hatsotso gã aɖe si me kesinɔnuwo bɔ ɖo ŋu megbe la, Peckham ƒe nugbagbeŋutinunyalawo va ƒo nya ta be ame enyi le alafa me koe kpɔa dzidzɔ ɖe eŋu lãmesẽ nyui; ame 91 le alafa me susɔeawo dze dɔ, togbɔ be wo dometɔ akpa gãtɔ menya nu tso woƒe dɔlélea ŋu o hã. Le dɔdamɔnu siwo wowɔ vɔ megbe la, woƒe nyataƒoƒoe nye be dɔléle siwo katã wotia na atikewɔwɔ la wɔa dɔ ɖe atikewɔwɔa dzi, gake emegbe wokpɔe be dɔnɔawo ƒe lãmesẽ bliboa gblẽ ɖe edzi ŋutɔ. Esia fia be ɖeko atikewo ɣlaa dɔléle aɖe ƒe dzesiwo, evɔ wotsɔa nuveviwɔame si wowɔna kpena ɖe nugbagbevi si gbɔdzɔ xoxo ŋu be eƒe nɔnɔmea gagblẽ ɖe edzi.

Eyata mele be amesiame si di be yemadze dɔ o alo ne edze dɔ xoxo la, be yeƒe lãmesẽ nagaɖo ye ŋu la, mele be wòatsɔ yeƒe mɔkpɔkpɔwo aɖo atike vɔ̃ɖiwo ŋu o; ke boŋ ele be wòatsri nuɖuɖu kple atike siwo mele dzɔdzɔme nu o nono, eye wòanɔ agbe ɖe dzɔdzɔmesewo nu to nuɖuɖu ƒuƒu me!

Esiae nye mɔ vavãtɔ, si le dedie eye wònye dzɔdzɔmeŋutinunya ƒe mɔnu, evɔ ne míayɔ Bircher-Benner ƒe nyawo la, atikewɔmɔnu ya nye “amebeble kple ayemɔ” ko. Le nye nukpɔsusu nu la, woate ŋu ayɔe wòasɔ wu be alakpanuwɔwɔ kple ameɖokuifuflu. Nietzsche yɔ atike vɔ̃ɖiwo be “aƒoƒo ƒe ɖa.” Ðɔktawo ate ŋu aka ɖe nye nyawo ƒe nyateƒenyenye dzi bɔbɔe ne woma woƒe kɔdzidɔnɔwo ɖe hatsotso eve siwo sɔ me, wotsɔ atikewo kple nuɖuɖu siwo woɖa da dɔ na ƒuƒoƒoawo dometɔ ɖeka, eye wotsɔ nuɖuɖu ƒuƒu dzro ko da dɔ na evelia, eye emegbe wotsɔ nu eve siwo do tso eme la sɔ kple wo nɔewo kple wo nɔewo. Esiae nye dodokpɔ vevitɔ kple nyametsotso, ne menye nenema o la, nyaʋiʋli ɖesiaɖe si woatsɔ atsi tre ɖe nuɖuɖu ƒuƒu ŋu ayi edzi anye esi ŋu asixɔxɔ alo asixɔxɔ suetɔ kekeake manɔ o. Mina míatsɔ kpɔɖeŋu ʋɛ aɖewo siwo tso atike siwo

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Vevesese nye nuxlɔ̃amedzesi si fia be ŋutilãa ɖo afɔku me, míaƒe nugbagbevi ƒe ɣlidodo be woakpe ɖe ye ŋu. Gake le esi teƒe be míaɖe afɔku sia ɖa la, míewua lãmeka siwo tsɔa afɔku sia ƒe seselelãme yia míaƒe ahɔhɔ̃ me eye míetsɔa aɖi ƒe agbɔsɔsɔme aɖe zia woƒe gbe. Le ɣeyiɣi ma ke me la, dɔlélea va le eƒe mɔ si womate ŋu aƒo asa na o la dzi, eye atikeawo ƒe nugbegblẽ le ame ŋ
Ne míagblɔ kpɔɖeŋu bubu: ne míaƒe ʋukawo ƒe mɔwo va le kpuie to ɖiƒoƒo yɔyɔ me la, ele be dzia nazã ŋusẽ geɖe wu atsɔ atsa ʋua to ŋutilãa me eye esia wɔnɛ be ʋu ƒe sisi dzina ɖe edzi. Gake le esi teƒe be míakɔ míaƒe ʋukawo ŋu tso ɖiƒoƒo mawo me la, ɖeko míezãa aɖi tsɔ doa ŋusẽ lãmeka mawo siwo te ŋu kekea woƒe mɔwo hekekena ɖe enu. Zi alesi aɖia ƒe dɔwɔwɔ nɔa anyi ko la, ʋua sina toa ʋukaawo me faa wu eye nyaƒoɖeamenua dzi ɖena kpɔtɔna hena ɣeyiɣi aɖe. Gake ne eƒe ŋusẽkpɔɖeamedzi nu yi ko la, ʋukaawo trɔna yia woƒe nɔnɔme tsãtɔ me eye atike siwo wozã ƒe dɔwɔwɔ gbɔdzɔna ɖe edzi.

Atike aɖeke meli si megblẽa nu le nugbagbevi la ŋu le emegbe o. Gake nyitsɔ laa koe agbalẽ ʋɛ aɖewo do siwo ƒo nu tso nya sia ŋu, eye wo dometɔ ɖekae nye "Reactions with Drug Therapy" (ƒe 1955), si Đɔkta Harry L. Alexander, si nye Atikewɔwɔ Ŋuti Nufialagã si Woɖo, Washington Yunivɛsiti ƒe Atikewɔwɔ Suku, ŋlɔ , na nyatakaka nyui geɖe mí. Nyateƒee, zi geɖe la, kuxi kple nuwɔna mawo siwo wua amesi ŋu wowɔ nuvevii enumake alo wodzena abe dɔléle sesẽwo ene koe bua atikewo ƒe agba. Ɣemaɣi gɔ̃ hã la, kuxi mawo dometɔ ɖeka le akpe ɖeka me koe woŋlɔna ɖi ŋutɔŋutɔ; susɔeawo gakpɔtɔ le ŋkuɖoɖonudzi mavɔ me.

Woɖo kpe edzi be nu 350,000 la dometɔ ɖesiaɖe siwo wozãna tsɔ wɔa atikewo la te ŋu hea kuxiwo vɛ. Gake wo dometɔ siwo me afɔku le wue nye penicillin, aureomycin, streptomycin, mercury ƒe atikewo, sulphonamide atikewo ƒe ƒuƒoƒo, digitalis, atikewo, ʋumenugbagbeviɣiwo, vitamin siwo wowɔ (thiamine, niacin, kple bubuawo), atophan, cortisone, aklã me tsi, insulin, adrenaline kple geɖe atike bubu siwo wozãna zi geɖe.

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Ele vevie be míabu biabia sia ŋu nyuie wu.
Vitamin kple nusiwo woɖe tso lãmenugbagbeviwo me, siwo dzi amewo dina be yewoatsɔ aɖɔli nunyiame siwo le wo me kple woƒe nusiwo wotɔ dzoe le nuɖaƒe la wua ame le du dzi abe dzikedzo ene, zi geɖe ŋutɔ le aɖabaƒoƒo atɔ̃ me le woƒe gege ɖe ŋutilãa me megbe. Le ƒe 1951, miliɔn 324, kple le ƒe 1952 me la, wodo penicillin gram miliɔn 350 ɖeɖeko ɖe amegbetɔ ƒe ʋu me be woatsɔ aɖɔli dzɔdzɔme dɔlékuiwutike siwo wotɔ dzoe le dzodoƒea.

Le woƒe gege ɖe amegbetɔ ƒe ŋutilã me megbe la, atikewo wua ame akpe geɖe, ɣeaɖewoɣi le miniti atɔ̃ va ɖo ewo me, to anaphylaxis dzi, evɔ dɔléle gbogbo aɖewo dzea ame akpe ewo bubuwo dzi, siwo dometɔ aɖewo míate ŋu ayɔ nettle-rash, dermatitis, prickly dzoxɔxɔ, eczema, purpura, aɖuɖɔtoe me asrã, polyarteritis, aklã me ʋu ƒe sisi, jaundice, nephritis, nephrosis, aplastic anaemia, serum dɔléle kple scabies.

Amewo dina be yewoaŋe ŋku ɖe atike mawo ƒe agbanɔamedzi le ku kple dɔléle siawo hehe vɛ ŋu, eye yewoatsɔ fɔbubua ade ŋutilã ƒe seselelãme si gbɔ eme la dzi. Gake le nusi hea super sensitiveness sia vɛ gome la, wotoa nyabiasea dzi le ɖoɖoezizi me.

Tsã la, dɔléle kple ŋutigbalẽdɔ mawo tɔgbe gblẽa nu le vinye dahewo ŋu zi geɖe le ƒea me. Míedzea agbagba ɣesiaɣi be míadi vodada si le nuɖuɖu si woɖuna ŋu, evɔ ɖɔkta siwo naa atike bablawo ya megblɔa nya aɖeke tso afɔku siwo le atike siwo woŋlɔ na wo ŋu gbeɖe o. Abe ame miliɔn geɖe ene la, míexɔe se be ɖeko atikewo nye be woada gbe le amewo ŋu, ke menye be woana woadze dɔ o. ɣeaɖeɣi la, vinye eveawo siaa mlɔ anyi kple jaundice le ŋkeke ɖeka dzi. Ewɔ nuku na mí ŋutɔ, elabena míenya be jaundice menye dɔléle si xɔa ame me be wòadze wo ame evea siaa dzi ɖekae o. Egbea la, naneke meli mate ŋu awɔ atsɔ aɖe nye dzitsinya ƒe ƒoƒo dzi akpɔtɔ o negbe be maxlɔ̃ nu dzila bubuwo tso afɔku mawo ŋu.

Fifia la, ewɔa nublanui ŋutɔ be míalé ŋku ɖe alesi atike siwo me afɔku le wu la va xɔ ŋkɔ to ha viviwo kple foto siwo hea ame ƒe kpekpeɖeŋu me be wonye nusiwo ɖea vi siwo woate ŋu aɖe gbesiagbe. Le dukɔ aɖewo me la, .

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wotrɔ atikewɔwɔ kple atikewɔnyawo wòzu nusiwo ŋu asitsatsa kple viɖekpɔkpɔ tsi dzi ɖo vevie.

Nuɖuɖu ƒuƒu ana atike ƒomevi ɖesiaɖe zazã nadzudzɔ zi ɖeka, elabena le dzɔdzɔme nu la, ne dɔléle aɖeke meli o la, atikewo mahiã o. Dɔlélewo nye nusiwo dona tso nuɖuɖuwo ƒe gbegblẽ me; eyata míaƒe nuɖuɖu ɖɔdɔɖo koe woate ŋu aɖu wo dzi. Agbagba siwo katã míedzena be míato atike muamewo dzi aɖu dɔlélewo dzi nye dodokpɔ siwo me afɔku le ŋutɔ, siwo me susu mele o, siwo woɖo be woado kpo nu. Woƒe emetsonu wɔnublanuiawo le ŋku lém ɖe mía ŋu xoxo.

Dɔléle yeye ƒomeviwo dzena ɣesiaɣi; nu sue aɖe ko dɔlélewo xɔa teƒe na dɔléle siwo nu sẽ wu. Esia wɔnɛ be ŋutsuwo dzraa ʊumenugbagbevi dzĩwo kple atikewɔmɔnu yeyewo ɖo ɣesiaɣi, wokea ɖe dɔlékuiwutike siwo sesẽ wu eye wosẽna wu ŋu eye vivivi la, wova ƒoa wo ɖokui ɖe vodada, kuxiwo kple afɔkuwo ƒe ƒuƒoƒo aɖe me.

Ele be woawɔ tɔtrɔ si tɔgbe medzɔ kpɔ o eye wònye nu vevi aɖe le atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya me. Ele be ɖɔkta anukwareɖilawo kple dutoƒonuwɔnawo katã natso zi ɖeka ahaɖe afɔ vevie atsɔ axe mɔ ɖe nu vevi si woɖo be woatsɔ awɔ amegbetɔ ƒe dɔwɔƒea ƒe tsɔtsrɔ̃ nu.

Le ame siwo mekpɔa nu kpuie ƒe nukpɔsusu nu la, nuɖuɖu ƒuƒu sɔ kple tɔtrɔ yi amegbetɔ si nɔ anyi do ŋgɔ na ŋutinya me ƒe agbenɔnɔ gbãtɔ me. Le nyateƒe me la, ŋukpe gã aɖeke mele dekɔnuwo ŋu wu nuɖaɖa kple nudzadzra ƒe dɔwɔnawo o. Ðeko nuɖuɖu ɖula la ɖea asi le nuxaxa siwo nusiwo woyɔna be dekɔnuwo ƒe dɔlélewo hena vɛ ŋu eye wògbea be yematrɔ mɔ̃ɖaŋununya ƒe ŋgɔyiyi si dekɔnuwo de esi la wòazu mɔnu si dzi wòato agblẽ amegbetɔ ƒe nu xoxowo ƒe dzadzɛnyenye me o. Ne menye nenema o la, meɖea asi le nuƒoƒo to telefon dzi, mɔzɔzɔ to yameʋu me alo eƒe atikutsetsewo dzadzraɖo ɖe eƒe fridzi me wòanɔ bɔbɔe ŋu o.

Ƒe alafa geɖe enye sia si ŋutsuwo nye ŋkuagbãtɔwo kple numanyalawo ale gbegbe be wobua nuɖuɖu siwo woɖa ɖuɖu ɣesiaɣi be enye dɔ si wowɔna le dzɔdzɔme nu. Eye fifia, ne wose nuɖuɖu ƒuƒu ŋu nya zi gbãtɔ la, wobua eŋu be enye nusi wɔ nuku eye wòdi be yewoanya nu tso eŋu, evɔ le nyateƒe me la, dzɔdzɔmenuɖuɖuwo ƒe gbegblẽ to nuɖaɖa dzi tututue nye nusi bɔ wu

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si mele dzɔdzɔme nu ɔ, ewɔ nuku eye wòdi be yeanya nu, eye wòle be woaŋlɔe ɖe ŋutinya me be enye bometsitsi gãtɔ kekeake si Amegbetɔwo wɔ.

Nuɖaɖa-Nuɖuɖu Kple Atike Vɔ̃ɖiwo Zazã Le Kplɔm le... Amegbetɔƒomea be Woatsrɔ̃ Kpekpee

Lã gã ƒomevi geɖe nɔ anyigba sia dzi tsã eye emegbe wova tsrɔ̃ keŋkeŋ. Fifia la, eya ŋutɔ ƒe asiwoe amegbetɔ le nɔnɔme gbegblẽ siwo ava tsrɔ̃e ɖa le anyigba sia dzi gbeɖeka la wɔm. Ne wotsɔe sɔ kple alesi nuɖuɖuwo gblẽnae la, dɔléle vovovowo ƒe vovototo kple wo dzɔdzɔ zi geɖe le dzidzim ɖe edzi. Hafi dzidzime bubu geɖe nava yi la, dzitodzito me dɔlélewo alo kansa aku amewo hafi woaɖo woƒe ƒewuiwo me eye mɔnukpɔkpɔ asu wo si be woatu woƒe vidzidziŋutete ɖo. Le alesi dɔléle mawo dzi ɖe edzi kabakabae dziŋɔ le ƒe bla nane siwo va yi me dzi la, ele bɔbɔe be míakpɔe do ŋgɔ be, ne ŋutsuwo gakpɔtɔ le woƒe bometsitsi me la, ɖewohĩ dzɔgbevɔ̃eŋkeke ma madidi o.

Dzɔdzɔmeŋutinunyala si fia asi viɖe siwo le nuɖuɖu si woɖa kple atike muamewo zazã me la le abe asitsala si, le gaxɔmenɔnɔ ƒe agbo nu la, le dzidzɔ kpɔm le eƒe gaku xlẽm, evɔ wòmiã ŋku ɖe nusiwo bu miliɔn geɖe siwo le ŋku lém ɖe eŋu la ŋu. Ele be woatsɔ eƒe ganutiɖoɖo mamlɛtɔ adrɔ̃ ʊɔnu nusi ado tso asitsatsa ɖesiaɖe me mlɔeba. Mina míakpɔ viɖe kple viɖe siwo amegbetɔ deŋgɔ te ŋu kpɔ na eɖokui to nusiwo ŋu wòke ɖo le nuɖaɖa kple atikewɔwɔ me, ne wotsɔe sɔ kple esiwo lã vovovo gbogboawo kpɔna. Amegbetɔ te ŋu dzea dɔléle vovovowo dzi wu nuwɔwɔ bubu ɖesiaɖe.

Esi woke ɖe vitaminawo ŋu vɔ la, ele be nunya nanɔ amegbetɔwo si be woakpɔe adze sii zi ɖeka be to nuɖaɖa dzi la, ele nu mawo tututu siwo ƒe anyimanɔmanɔ nana eƒe nuwuwu kabakaba la tsrɔ̃m le dzɔdzɔmenuɖuɖuwo me hafi. Ðe wòle be wòaɖe gbeɖuɖɔ ma ɖa zi ɖeka ɖe ɣeyiɣiawo katã nu eye wòakpɔ dzɔdzɔmenuɖuɖuwo ƒe dɔlélenutsiŋutete ta tso gbegblẽ me hafi. Gake nuɖuɖu siwo woɖa ƒe nu léa dzi na ame ale gbegbe be wògblẽa ɖɔɖɔɖowɔwɔ ƒe agbagbadzedze mawo katã me. Numame ɖua dzɔdzɔmeŋutinunya dzi eye wòxɔnɛ

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ɖe eƒe afɔkpodziwo me. Le ɣeyiɣi ma ke me, esi ŋutsuwo gakpɔtɔ lé ɖe nuɖuɖu siwo woɖa ŋu sesĩe ta la, wodzea agbagba be yewoage ɖe nuɖuɖuwo ƒe nya ɣaɣlawo me, ade dzesi nu mawo siwo gblẽna le nuɖaɖa kple wo ŋudɔwɔwɔ me, eye emegbe woatsɔ nusiwo wotsɔ lãnuwo wɔe aɖo wo teƒe. Ðe menye bometsitsie wònye be woatsɔ ame ŋutɔ ƒe asiwo atɔ dzo nu vevi mawo ahagblẽ wo dome, adze dɔ, atsi tre ɖe yɔdo ƒe go kemɛ dzi eye emegbe wòadze agbagba mɔkpɔkpɔmanɔmee be yeaɖe ye ɖokui to ameflunyawo dzi oa? Ele be nyateƒe si wònye be menye vitamin 40 kple 50 siwo nugbagbeŋutinunyalawo de dzesii koe nye nu ma Wosɔ gbɔ ale gbegbe be manya wɔ be woawɔ woƒe nɔnɔme kple agbɔsɔsɔme ƒe nɔnɔmewo ƒe nɔnɔmetata si sɔ le ƒe akpe geɖe siwo gbɔna me o. Mina míatsɔe vie be gbeɖeka dzɔdzɔmeŋutinunyalawo ate ŋu akpɔ dzidzedze le woƒe ƒomeviwo katã dzedze me. Emegbe be woate ŋu atsɔ mɔnu siwo wowɔ kple asi aɖɔli nusiwo wotsɔ ƒu gbe tso lu ɖeɖeko me la, ahiã be woaŋlɔ atike na ame ɖekaɖekawo kple dzadzraɖo akpe geɖe, eye míagaƒo nu tso gazazã siwo ŋu wode se ɖo ŋu o.

To numekuku siwo wowɔ le atikutsetse, amagbe kple nuku ƒomevi vovovowo ŋu me la, nugbagbeŋutinunyala siwo nuɖuɖu zu numame na la ŋutɔ ɖo kpe edzi be dzɔdzɔmenuɖuɖuwo ƒe nɔnɔme le wo si be woada dɔléle ƒomevi ɖesiaɖe kloe. Gake amewo medi be yewoalɔ̃ ɖe edzi be amegbetɔ ƒe nugbagbevi la anɔ ablɔɖe me tso dɔléle mawo me nenye be dzɔdzɔmenuɖuɖuwo ɖeɖekoe woɖunɛ tso eƒe ɖevime ke o. Tso gɔmedzedzea me ke la, nuɖuɖu si woɖa be woatsri nu ŋu bubu nana womete ŋu bua nuwo ŋu nyuie o, eye emegbe dzɔdzɔmeŋutinunya tsɔa eƒe nɔƒe na numame.

Mele Be Ðɔktawo Nazã Dzɔdzɔmenuɖuɖuwo Abe ɣeyiɣi kpui aɖe ƒe Atikewɔwɔmɔnu Ko ene O. Ele Be Woagblɔ Be Woawoe Nye Nuɖuɖu Kokoe Si Sɔ Na Amegbetɔ

Ðɔkta geɖe siwo le ŋgɔ yim la bua fɔ atikewo zazã. Wo dometɔ aɖewo ƒe dzi gbã le nusiwo dona tso atike muamewo zazã me si mewɔa dɔ nyuie o ta ale gbegbe be wogblẽa atikewɔwɔ me eye wotsɔa wo ɖokui nana tsɔ srɔ̃a nu tso kuxi vevi siwo le mɔxexeɖedɔléle nu ŋu me. Wo dometɔ ɖekae nye Switzerlandtɔ atikewɔla xɔŋkɔ Bircher-Benner, amesi ƒe Germanygbe sɔsrɔ̃ me meto gɔmeɖeɖe kpui geɖe vɛ le nye Armeniagbe me agbalẽa me. Le eƒe atikewɔwɔdɔa ƒe gɔmedzedze la, Bircher Benner va zu nenema

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dzi ɖe le eƒo le atikewɔwɔmɔnu siwo li fifia ŋu be esi wòva dzɔ be yeva nya nunyiame siwo le dzɔdzɔmenuɖuɖuwo me la, edze eƒe dɔnɔwo dada gɔme to dzɔdzɔmenunyiame ƒe kpekpeɖeŋu me, atike aɖeke manɔmee. Eteƒe medidi kura o, dɔnɔ gbogbo aɖewo, siwo ɖɔkta vovovowo da dɔ na le xexeame katã gake womekpɔ dzidzedze aɖeke o, eye womekpɔ dzidzedze aɖeke o la, yi eƒe atikewɔƒe le Zurich eye le ɣeyiɣi kpui aɖe ŋutɔ me la, wokpɔ dɔyɔyɔ blibo to veganism ƒuƒu me.

Gake Bircher-Benner bu nuɖuɖu ƒuƒuwo be wonye "dɔdamɔnu," ke menye be wonye nuɖuɖu ɖeka kolia si sɔ na nuwɔwɔwo katã o. Abe ɖe wòle ŋutsuwo dzi be woaɖu wo ɖokui le nuɖuɖu siwo mele dzɔdzɔme nu o me tso woƒe ɖevime ke eye emegbe esi wodze dɔ ta la, woada gbe le wo ŋu to "dɔdamɔnu" me le woƒe tsitsime ene. Gake susu siwo ŋu kakaɖedzi le nɔ nya sia si dze abe ɖe wòtsi tre ɖe wo nɔewo ŋu ene. Gbã la, ame aɖeke mele xexeame o, eye nunyiame ƒuƒu ŋuti nunyala gãtɔ kekeake, Bircher-Benner, gɔ̃ hã meli si kpɔe be nuɖuɖu si woɖa nye numame eye be didi si amewo sena le wo ɖokui me ɖe nuɖuɖu si woɖa ŋu menye dɔwuame alo nugbagbeviwo ƒe didi o lãmenugb

Emegbe esi Bircher-Benner nye atikewɔla ta la, wona hehee be wòada dɔléle siwo nɔ anyi xoxo. Ame aɖeke maxe fe aɖeke nɛ o, alo matsɔe awɔ nu vevii gɔ̃ hã o, ne ɖe wòυli nunyiame ƒe ɖoɖo aɖe si ana ameƒomea navo tso dɔléle ɖesiaɖe me le dutoƒo ta.

Le ɣeyiɣi sia me la, nukpɔsusu eve siwo tsi tre ɖe wo nɔewo ŋu le nunyiame ŋu. Wo dometɔ ɖeka υlia nuɖuɖu ƒuƒu ta, evelia lɔ̃a nuɖuɖu si woɖa; wo dometɔ ɖeka doa veganism ɖe ŋgɔ, evelia lɔ̃a lãwo ƒe nuɖuɖu. Fifia dzɔdzɔmeŋutinunya menye dunyahehe o. Gome mele ŋutsu si ƒe nukpɔsusu mesɔ o la si be wòazi eƒe nukpɔsusu totro siwo gblẽa nu le ame ŋu la ɖe ɖevi maɖifɔwo dzi o. Enye míaƒe ɣeyiɣia ƒe didi vevie be woalé ŋku ɖe nukpɔsusu eve mawo ŋu le dukɔwo dome dzɔdzɔmeŋutinunya kple dekɔnuwo ƒe ƒuƒoƒowo me, ale be woabu fɔ esi mesɔ o, evɔ woaɖe gbeƒã nyateƒetɔ la na dukɔa eye woatsɔe ade dɔwɔwɔ me le mɔ gbadza nu.

Ne wokpɔe gbã la, ame tsɛ mawo siwo medi be yewoage ɖe kuxia ƒe gogloƒe o la susuna be nuɖuɖu ƒuƒu ƒe susua menye nusi woate ŋu ava eme kaba o eye be ŋutsuwo manɔ klalo akpa be yewoagblẽ yewoƒe ke si ƒo ke ɖe to ɖe wo me la ɖi o numamewo. Gake esiae nye gbe si

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numame, ke menye dzɔdzɔmeŋutinunya tɔ o. Gake ele be woaɖe dzɔdzɔmeŋutinunya ɖa tso numame gbɔ. Ele be míalɔ̃ ɖe edzi gbã be nuɖuɖu ƒuƒuwoe nye nu xoxo ŋutɔŋutɔ siwo de blibo si sɔ na amegbetɔ ƒe nugbagbe, eye le ema megbe la, na amesiwo di be yewoagblẽ yewo ŋutɔ kple yewo viwo ƒe nu xoxowo dome la nawɔe wòadze woƒe dzi ŋu.

Le gɔmedzedzea me la, ele be míawɔ nuteƒekpɔkpɔ si míekpɔ tso nuɖuɖu ƒuƒu me ŋudɔ atsɔ aɖɔ alakpanukpɔsusu siwo bɔ ɖe nunyiame ŋuti dzɔdzɔmeŋutinunya me ɖo zi ɖeka, si nu wobua nuɖuɖu vevitɔwo kekeake be wogblẽa nu le ame ŋu, evɔ wokafua esiwo gblẽa nu ŋutɔŋutɔ be wogblẽa nu le ame ŋu ŋutɔŋutɔ si le lãmesẽ me. Ele be woakpɔe adze sii kɔte be, negbe ɖeke mele eme o la, nɔnɔme mawo katã siwo me wode se ɖe nuɖuɖu ƒuƒu nu na gbɔdzɔgbɔdzɔtɔwo, dɔnɔwo, amesiwo ŋu dɔgbo ƒe dɔlélewo kple dɔléle bubuwo le la, nuɖuɖu mawo tututu siwo ŋu wode se ɖoe ada gbe le dɔnɔawo ŋu, alé wo ɖe te eye woado ŋusẽ wo .

Le nɔnɔme mawo me la, meganye numame gbegblẽ aɖe ɖeɖeɖa ƒe nya o. Kura o, dɔnɔa biaa atikutsetse fifia, gake míegbenɛ; esenɛ le eɖokui me be nuɖuɖu si woɖa la le dɔ lém nɛ, gake míeƒonɛ ɖe enu be wòagaɖu nu vi aɖe; míexɔa atikutsetsea le ɖevi aɖe si eye míezia nuɖuɖu aɖewo siwo woɖa dzi ɖe eƒe ŋɔti me. Ne míagblɔe bubui la, míewɔa woƒe nuwuwu kabakaba to wo dzizizi be woaɖu nuɖuɖu mawo tututu siwo gbɔ woƒe dɔléle kple ŋutetemanɔamesi tso me. Ne woɖɔ nugɔmemasemase siawo ƒomevi ɖo ɖeɖe dzaa aɖe amesiwo kuna le ɣeyiɣi si mesɔ o ƒe xexlẽme dzi akpɔtɔ alafa memama

Be míaka ɖe mía ɖokui dzi be nya siawo ƒe nyateƒenyenye le afima menye mɔnu bubu aɖeke wu be woatsɔ nuɖuɖu ƒuƒu ade dɔwɔwɔ me ɣleti ʋɛ aɖewo ko o, eye ele be ame sia ame si si susu le nate dodokpɔ sia kpɔ. Mɔ sia dzie woato awu nukpɔsusu totro siwo tsi tre ɖe wo nɔewo ŋu siwo li ku ɖe nunyiame ŋu nu mamlɛtɔ.

Le nuɖuɖu ƒuƒu ƒe kekeli nu la, nunyiame ƒe gɔmeɖose veviwo megale o gakpɔtɔ le yunivɛsitiwo kple numekukuwɔƒewo ko; ke boŋ wova zua nya siwo le vevie na ameƒomea katã. Le ame dzɔdzɔewo gome la, woate ŋu aƒo nuɖuɖu akpe geɖe ƒe dzɔdzɔmeŋutinunya me ŋkɔwo, woƒe mɔli sesẽwo kple woƒe nunyiame ƒe ŋutetewo kple viɖe siwo wosusu be wole wo ŋu ŋuti numeɖeɖe didi siwo tea ɖeɖi ame ŋu la nu ƒu ɖe etɔ̃ me

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nyawo ɖeɖeko: RAW VEGAN FOOD, alo nusi wotsɔ wɔa amegbetɔ ƒe ŋutilã bliboe.

Eyata nuɖuɖu ƒuƒu va zua nu nyui aɖe si to vovo na atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya, nukpɔsusu si me woate ŋu aɖe me le menye to dzɔdzɔmeŋutinunya ƒe mɔfiamewo dzi o, ke boŋ to susuŋudɔwɔwɔ me, eƒe kpeɖodziwoe nye dzɔdzɔmese siwo ŋu womate ŋu agbe nya le o kple nu vevi siwo wokpɔ tso nuteƒekpɔkpɔ veviwo me.

Mele Be Míado Dziku Amegbetɔ Raw ƒe Fɔmaɖimaɖi Gbeɖe O Nusiwo Wozãna

Amegbetɔ ƒe ŋutilã nye dɔwɔƒe si me nu sesẽwo le. Woate ŋu abui wòsɔ wu kokoko be enye dɔwɔƒewo kple ɖoɖowo ƒe xexe gã aɖe le gɔmesesea nu be lãmenugbagbevi ɖesiaɖe si woɖe ɖe vovo la le eɖokui si nye dɔwɔƒe si me nu sesẽwo le si le eya ŋutɔ ƒe akpa dzi la, dɔwɔƒe bubu gbogbo aɖewo le eme. Vaseɖe fifia la, dzɔdzɔmeŋutinunyala siwo wɔa numekuku te ŋu ke ɖe lãmenugbagbevi ɖesiaɖe ƒe akpa siwo ade akpe ewo ŋu. Lãmenugbagbevi mawo tɔgbe miliɔn geɖe ye le lãkusi alo ŋutinu ɖesiaɖe me, eye lãmenugbagbevi mawo, ŋutinuwo, ɖoɖowo, ƒunukpeƒe kple ŋutigbalẽ mawo ƒe ƒuƒoƒo mee amegbetɔ ƒe

Be woate ŋu awɔ woƒe dɔwo nyuie la, ele be woana dɔwɔƒe kple ɖoɖo siawo siwo me nu vovovowo le siwo me nu vovovo akpe ewo le, siwo dometɔ ɖesiaɖe ƒe dɔ tɔxɛe wòle be wòawɔ le amegbetɔ ƒe nugbagbe ƒe ɖoɖowɔwɔ bliboa me. Ɣe ƒe keklẽ ƒe kpekpeɖeŋu mee wowɔa nu mawo katã eye woƒoa wo nu ƒu ɖe numiemiewo me. Le kpɔɖeŋu me, nunyiame mawo katã siwo le vevie na lã aɖe la le nuku, aŋgba alo bli ƒe nuku aɖe me. Fifia, togbɔ be nu mawo to vovo le numiemie vovovowo me le woƒe wɔwɔme kple ɖoɖo gome hã la, esia mehiã boo o, elabena le woƒe gege ɖe nugbagbevi la me megbe la, wogbãa wo eye wogawɔa wo ake, eye le esia wɔwɔ me la, wotrɔa nu ɖeka wòzua nu bubu. Eyata nugbagbevi la te ŋu trɔa nu vovovoawo ƒe agbɔsɔsɔ le eƒe hiahiã nu, gake ne atike aɖe meli o la, mate ŋu ahe nu ma si bu la ava nugbagbevi la me alo atsɔ nu bubu aɖo eteƒe o.

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Le kpɔɖeŋu me, womete ŋu ke ɖe calcium, vitamin alo protein gbogbo aɖeke ŋu le nudokpɔƒea le clover me o, ke hã clover kple gbe siwo gakpɔtɔ bɔ wu mee lãwo xɔa woƒe vitamin kple mineral dzewo katã, eye wowɔa woƒe ƒu gãwo , lã kple ami. Ne míagblɔe bubui la, le notsi, bɔta, cheese, ahɔhɔ̃, aklã kple lã siwo nukpɔkpɔ kpuiwo kafu be wonye calcium, phosphorus, vitamin kple protein "siwo da sɔ bliboe" tsoƒe teƒe la, clover ɖeɖe ate ŋu anye wokafui, elabena clover mee nu mawo katã dzɔ tso. Eyata gɔmesese aɖeke mele eŋu kura o, viɖe aɖeke mele eŋu o eye wògblẽa nu le ame ŋu gɔ̃ hã be woagblɔ be vitamin aɖe sɔ gbɔ ɖe nuɖuɖu sia tɔgbe me, evɔ mineral aɖe bɔ ɖe bubu me fũ, elabena to vovo na amewo fluame kple tɔtɔ la, nya mawo mewɔa dɔ o taɖodzinu ɖesiaɖe si ŋu viɖe le.

Dɔ vevi siwo nunyiame siwo le nugbagbevi la me wɔnae nye zi gbɔ zi etɔ̃. Gbã la, wonyea xɔtunu na lãmenugbagbeviwo tutu kple wo gbugbɔgawɔ; emegbe wowɔa ŋusẽ si hiã be woatsɔ ana lãmenugbagbevi mawo naʋã eye woana dzoxɔxɔ ŋutilãa, eye mlɔeba la, wonaa nu xoxo siwo hiã na woƒe kutsetsedɔwo lãmenugbagbevi tɔxɛawo.

Ele vevie ŋutɔ be míalé be na míaƒe nugbagbevi la kple beléle abe alesi adzɔnuwɔƒe kpɔa eƒe dɔwɔƒea dzii ene. Le esia nu la, hena dɔ etɔ̃ siwo míeyɔ va yi ƒe dɔwɔwɔ la, ele be míana nunyiame siwo katã hiã míaƒe ŋutilã abe nu blibo ɖeka ene eye le agbɔsɔsɔ si da sɔ me abe alesi dzɔdzɔme tsɔ wo ɖo mía ŋkume ene. Ne menye nenema o la, ne nusiwo le eme dometɔ aɖe gbɔdzɔ la, nyateƒenya sia akpɔ ŋusẽ gbegblẽ ɖe nugbagbevi la ƒe wɔwɔme kple dɔwɔwɔ dzi godoo.

Gake aleke ame deŋgɔ si li egbea wɔa nu ɖe eya ŋutɔ ƒe ŋutilã ŋui? Ekaka, fiãa, wua ame eye wòdoa dziku na eƒe nu xoxowo ƒe blibonyenye eye emegbe wòtsɔa ame kuku kukuawo kple aɖinuwo yɔa eƒe dɔgbo me le vome. To mɔ sia dzi la, eƒe akpa aɖe ɖuɖu ate ŋu agbɔ eƒe nugbagbevi ƒe nudidi siwo sɔ ŋu zi gbɔ zi alafa geɖe, eye nu bubu aɖe si wòɖuna ƒe gbɔdzɔgbɔdz

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Wotsɔa lã ɣi, macaroni, bli, nu viviwo, bɔta si me kɔ kple margarine wɔa lãmenugbagbevi siwo mate ŋu awɔ dɔ o, siwo nye nugbagbevi siwo ƒe wɔwɔme le bɔbɔe ŋutɔ, siwo ƒe kpekpeme te nuɖuɖu zu numame na la bɔbɔna tso lã ɣi, macaroni, bli, nu vivi
Dzɔdzɔmeŋutinunyala siwo wɔa numekuku ate ŋu aɖo kpe edzi bɔbɔe be ƒe 50,
100 alo 200 enye sia la, amegbetɔ ƒe dɔmawɔmawɔ nyuie kpena ɖe amegbetɔ ƒe lãmetutudɔ si gbɔ eme ŋu akpa gãtɔ. Le ŋkeke mawo me la, ŋusẽ geɖe nɔ amegbetɔ si be wòatsi tre ɖe dɔlélea ŋu eye amegbetɔ ƒe ŋutilã te ŋu nɔa te ɖe nuɖuɖu siwo mele dzɔdzɔme nu o nu eye wòxea mɔ na nu mawo ƒe agbɔsɔsɔ si gbɔ eme ƒe gege ɖe eme to nuɖuɖu ƒe dzodzro, aɖuɖɔtoe, ʋuʋudedi kple mɔnu bubu mawo tɔgbe me. Gake le ɣeyiɣi aɖe megbe la, amegbetɔ ƒe nugbagbevi la ɖea asi le nuɖuɖu siwo gblẽ ƒe nyaƒoɖeamenu ŋu, "xɔa eɖokui" na wo, eye wòɖea mɔ na wo viwo ƒe lolo madzudzɔmadzudzɔe kple woƒe mo ƒe ƒuƒu. Ame siawo va zu ame gbãtɔ siwo tu lãmenugbagbevi bɔbɔe siwo ŋu viɖe aɖeke mele o, siwo mewɔa dɔ o siwo sɔ kple woawo ŋutɔ ƒe wɔwɔme eye emegbe wolé wo ɖe te. Esia tae egbea la, ame tsɛwo mebɔ fũ o eye xexeame yɔ fũ kple ŋutilã nyɔŋu siwo mele dzɔdzɔme nu o.

Egbea la, wodzia ɖevi geɖe kple agba dziŋɔ aɖe si nye nusi ŋu viɖe aɖeke mele o kple lãmenugbagbevi siwo mewɔa dɔ o. Wo dzila siwo ƒe susu le bɔbɔe la ƒoa adegbe le wo vidzĩwo ƒe ƒuƒu kple woƒe mo ƒe ƒuƒuiƒe ta. ɣeaɖewoɣi la, lolo sia lolo ale gbegbe be wòdoa vɔvɔ̃ na amesiwo se eƒe nɔnɔme ŋutɔŋutɔ gɔme. Ke hã bometsilawo tsi tre ɖi na lã wɔadã mawo siwo le woƒe vidzĩwo ƒe nuɖuɖu ƒe agbawo dzi be wonye lãmesẽ nyui ƒe dzesi siwo ŋu kakaɖedzi le.

Amegbetɔ ƒe nugbagbevi dzea agbagba geɖe be yealé lãmenugbagbevi siwo nye dɔlékuiwo kple esiwo ŋu viɖe aɖeke mele o ƒe dzidziɖedzi si gbɔ eme la ɖe te, to wo mama ɖe ŋutilã ƒe akpa siwo katã le ablɔɖe me dzi: le eƒe akpa siwo le etame kple esiwo le ete, le asike godoo, le ƒodo ƒe ŋutigbalẽ te kple akɔta, kple teƒe bubuwo. Gake edzɔna ale gbegbe be ɣeaɖewoɣi la, lãmenugbagbevi mawo dometɔ aɖewo te ŋu ʋuʋua dziɖuɖu ma, ɖe wo ɖokui ɖa tso hadomegbenɔnɔ gbɔ, wova nɔa wo ɖokui si, dzea ame ɖekaɖekawo ƒe anyinɔnɔ gɔme eye wodzina ɖe edzi seɖoƒe manɔmee. Zi geɖe ŋutɔ la, nugbagbevi la kpɔa dzidzedze le lãmenugbagbevi mawo ƒe ƒuƒoƒowo léle ɖe teƒe ɖeka me eye wòxea mɔ na wo be woagakaka o. Emegbe woyɔa tsitsi si dona tso eme be "benign neoplasm" alo "benign tumor" eye ele be woade vovototoe tso tsitsi ma si doa alɔ faa yia ŋutilã ƒe akpa vovovowo gbɔ

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be woate ŋu akpɔ dzidzedze le proteinwo (kple vevietɔ lãwo ƒe proteinwo) dzi, eye wonya be "dɔdzẽ vɔ̃ɖi" alo ko be kansa.

Ele be míate gbe ɖe nyateƒe si wònye be menye nuɖaɖa koe nana nunyiame ƒe asixɔxɔ si le nuɖuɖuwo me buna o dzi. Wɔ ɣi kple bli si wofli nye nuɖuɖu siwo gblẽa nu le ame ŋu ne woɖu wo ƒuƒui gɔ̃ hã. Gbe ƒuƒu gɔ̃ hã menye nuɖuɖu deblibo o, togbɔ be ete ŋu naa nu gbagbe aɖe nɔa agbe hã. Nuɖuɖu si sɔ nyuie ate ŋu anye lu la ƒe aŋgba kpe ɖe to ŋu, ne woɖunɛ dama le dzomeŋɔli eye wòƒuna le dzomeŋɔli. Le nyi kple alẽ gome la, womate ŋu abu gbe bɔbɔe si le toa dzi be enye nuɖuɖu deblibo o. Lã mawo to woƒe nɔnɔmetɔtrɔ me le ablɔɖe me, woɖua gbewo, aŋgbawo, atikutsetsewo kple amagbewo le ɣeyiɣi ɖeka me. Esia tae dɔléle aɖewo koŋ dzɔna le lã mawo siwo wogbe, to amegbetɔ ƒe nudede eme me, nuɖuɖu siwo sɔ ɖe woƒe lãmenugbagbeviwo ƒe nudidiwo nu la dome. Ke hã, ɣeyiɣi aɖeke meli si lã siwo ɖua gbe siwo bɔ wu ƒe ŋutinu siwo me afɔku le abe amegbetɔ tɔ ene o; eye nugbagbevi suesuesuewo hã mevɔ̃na na wo abe alesi wole na mí ene o, le susu bɔbɔe si nye be nuɖaƒe aɖeke mele wo si o ta. Ne manya wɔ be woana nɔnɔme deŋgɔ siwo le lãmenugbagbevi siwo sɔ me na kansa lãmenugbagbeviwo eye woatrɔ wo ava nutoa me tɔwo ƒe akɔnu to atikutsetse siwo me protein mele o vavã, gake vitamin kple nu bubu siwo le eme sɔ gbɔ ɖe wo me la ɖuɖu me o nunyiame ƒe asixɔxɔ gãtɔ kekeake, ekema atike aɖeke si le anyigba dzi mate ŋu awɔ dɔ ma gbeɖe o. Agbagba siwo katã wodze be woada kansa to atikewo kple amekoko dzi la nye dzodzro kura eye woado kpo nu kura. Gake mele be kansa nakpe fu na ŋutsu dzeaɖaŋu gbeɖe ne megblẽ eƒe nu xoxowo ƒe fɔmaɖimaɖi me o.

Eyata ŋutete mele lãmenugbagbevi siwo wowɔ tso koklozi kple bli, mɔli, aklã si wofli, abolo kple bɔta, anyitsi, jam kple nu viviwo me be woawɔ dɔ nyui aɖeke o. Atikutsetse kple amagbe ƒuƒuwo ɖeɖekoe dzia amegbetɔ ƒe ŋutilã ƒe lãmenugbagbevi siwo le dɔ wɔm, siwo le etɔxɛ eye wole lãmesẽ me keŋkeŋ; ne míagblɔe bubui la, protein mawo siwo tsɔa nunyiame vovovo akpe geɖe dea amegbetɔ ƒe ŋutilã me le woƒe dzɔdzɔme kple agbenɔnɔ ƒe nɔnɔme me, eye nuɖuɖu zu numame na be yeaɖu ɣeaɖewoɣi abe atsyɔ̃ɖoɖo "si me nunyiame mele o" ƒomevi aɖe ene la dome.

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be wòate ŋu akpɔ nuvlowɔwɔ si dzila si gblɔ na via be megagblẽ eƒe nuɖuɖudzroame kple atikutsetse hafi aɖu fiẽnu o elabena ele be wòaɖu eƒe nuɖuɖu kaba la wɔ la adze sii. Esia sɔ kple gbɔgblɔ nɛ be megaɖu nu xoxo akpe geɖe siwo le vevie na eƒe nugbagbevi le woƒe dzɔdzɔmenɔnɔme kple agbenɔnɔ me o, ke boŋ be wòalala wo dometɔ ʋɛ aɖewo ƒe kuku kuku siwo me agbe mele o, siwo wòle etsɔ ge nɛ eteƒe medidina o le nuɖuɖu ƒe nɔnɔme me.

Dzi dzɔa amesiwo ɖua nu siwo woɖa la ne wosusu be nuɖuɖu siwo yewoɖuna la me nunyiame sɔ gbɔ ɖo. Fifia, ne wowɔ wo ŋudɔ bliboe ko hafi nuɖuɖumeŋusẽ ate ŋu aɖe vi. Ne lãmeka me lãmenugbagbeviwo ƒe xexlẽme le sue, eye esiawo gɔ̃ hã gbɔdzɔ, dɔléle le wo ŋu eye womete ŋu trɔna o la, womezãa nuɖuɖumeŋusẽ ƒe akpa gãtɔ o eye ne ehe kuxi gã aɖe vɛ na ŋutilãa vɔ la, wogblẽa nugbagbevi la ɖe nɔnɔme si womedi o me dzoxɔxɔ, eye wobuna dzodzro. Ne míedo dzo le yame la, dzo ma ƒe ŋusẽ buna viɖe aɖeke manɔmee, gake ne míetɔ dzo dzo ma le dɔwɔƒe aɖe ƒe mɔ̃ me la, ewɔa eƒe taɖodzinua ŋudɔ bliboe. To nuɖuɖu siwo woɖa dzi la, nuɖuɖu ƒe numame naa nuɖuɖumeŋusẽ si sɔ gbɔ wu eƒe nugbagbevi ƒe dɔwɔwɔ ƒe nudidiwo zi gbɔ zi etɔ̃ alo ene dea eƒe ŋutilã me. Calorie siwo wokpɔna tso nuɖuɖu ƒuƒuwo me wɔa woƒe taɖodzinua ŋudɔ bliboe, elabena nusiwo katã hiã hena nuɖuɖumeŋusẽ mawo zazã kpena ɖe nuɖuɖu mawo ŋu.

Ele be wòanye nugbagbeŋutinunyalawo kple ɖɔktawo ƒe dɔ be woade dzi ƒo na amewo be woagama nunyiame siwo le wo nɔewo dome o, ke boŋ woaɖu wo ɖekae ɣesiaɣi, le woƒe agbɔsɔsɔ si da sɔ le dzɔdzɔme nu kple woƒe lãmenugbagbevi gbagbewo nu. Mele be woaƒo nu tso viɖe si le nunyiame ɖekaɖekawo ŋu gbeɖe o, ke boŋ ele be woate gbe ɖe woƒe vevienyenye dzi; abe alesi míebua mɔ̃memi ƒe dzadzɛnyenye be menye ɖeko wòɖea vi na yameʋua ko o, ke boŋ be enye nusi hiã vevie ene. Mele be woaƒo nu tso viɖe siwo le vitamin aɖewo koŋ ŋu gbeɖe o, ke boŋ ele be woate gbe ɖe afɔku siwo le woƒe fɔmaɖimaɖi ƒe fuɖ

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Le nyateƒe me la, woate ŋu aƒo nunyiame ŋuti dzɔdzɔmeŋutinunya bliboa nu ƒu kpuie le nya vevi eve me eye wòana ameƒomea katã tsi dzi ɖe eŋu:

1.Ele be lãmenugbagbevi gbagbewo nanye amegbetɔ ƒe nunyiame bliboe. Ko nɔnɔme siwo katã hiã be woatsɔ akpɔ amegbetɔ ƒe nugbagbevi ƒe didiwo gbɔ la le nuɖuɖu mawo siwo me lãmenugbagbevi gbagbewo le la me. Amegbetɔ menye ame kuku ɖula o. Mate ŋu anye lãɖula wu be wòalé ʋetsuvi aɖe le yame amie agbagbee, alo avuvu lã aɖe abe lã wɔadã ene aɖui kple eƒe dɔgbowo kple ƒuwo katã be wòatsɔ afɔkpa.

2.Amagbe ŋutilã siwo bɔ kple esiwo wotia siaa le dzɔdzɔme nu. Amagbewo ƒe ŋutilã siwo de blibo wu eye wokpɔa nunyiame geɖe wue nye atikutsetse ƒomevi siwo nyo wu, amagbe damawo, nukuwo kple kewo.

To nuɖuɖu si woɖa ɖuɖu me la, amegbetɔ tsɔa nu gbegblẽ ƒomevi eneawo dometɔ etɔ̃ xea mɔ na eƒe nuɖuɖu eye wònaa nu vevi akpe geɖe bubu siwo le eƒe nugbagbevi me la meganɔa eŋu o. Nya sia ƒe kpeɖodzi wɔdɔɖeamedzi aɖee nye nyateƒe si wònye be le atikewɔmɔnu akpe geɖe siwo woŋlɔ na ame dome la, esesẽna be woakpɔ ɖeka si me womegblɔ vitamin alo bubu aɖe le o, gake ƒã hafi nàdo go atikewɔmɔnu si me woyɔ protein, ami kple carbohydrates ƒe ŋkɔwo le.

Kpuie ko la, amegbetɔ kpɔa dzidzɔ ɖe lãmesẽ deblibo ŋu ne eɖua veganuɖuɖu ƒuƒuwo ɖeɖeko, edzea dɔ ale gbegbe be wòɖua nuɖuɖu siwo woɖa eye wòkuna ne nuɖuɖu ma tɔgbe ɖeɖekoe nɔa agbe.

Alesi Wodzia Dɔlélewoe

Mina míatsɔ lãkusi aɖe si me lãmenugbagbevi biliɔn geɖe le. Lãmenugbagbevi siawo le ƒomevi vovovowo me, eye dɔ alo dɔ tɔxɛ aɖe le wo dometɔ ɖesiaɖe si be wòawɔ. Eyata lãmekawo ƒe lãmenugbagbeviwo kple lãmenugbagbevi siwo le lãkusi me li, eye lãmekawo ƒe lãmenugbagbeviwo kple lãmenugbagbeviwo li na taɖodzinu bubu geɖe ŋutɔ. Gake dɔ vevitɔ si lãmenugbagbevi siwo le lãkusi ɖesiaɖe me wɔnae nye tsiwo

Lãmenugbagbevi gbogbo aɖewo le ŋutsu si ɖua nuɖuɖu siwo woɖa ƒe lãkusiwo me, ɖewohĩ wosɔ gbɔ wu gɔ̃ hã, gake woƒe akpa enelia alo atɔ̃lia koe sɔ na dɔ ɖesiaɖe si ŋu viɖe le, eye ema mesɔ gbɔ tututu o. Protein (Protein) ƒe dɔwɔwɔ

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ɖeɖeko, vevietɔ lãwo ƒe protein kuku si ame siwo mekpɔa nu kpuie buna be enye xɔtunu deblibo la, ate ŋu ayɔ lãmenugbagbevi si ƒe nɔnɔme mele o, si mate ŋu awɔ dɔ o, si ŋu viɖe aɖeke mele o, si nye ƒomevi gbãtɔ aɖe ƒe wɔwɔme bɔbɔetɔ kekeake ko be wòanɔ anyi. Le woƒe wɔwɔme me la, lãmenugbagbevi siawo ɖi nugbagbe gbãtɔ mawo siwo ƒe nɔnɔme le gɔmedzedzea me wu siwo dze le anyigba dzi zi gbãtɔ le nɔnɔmetɔtrɔ ƒe ŋgɔyiyi ƒe gɔmedzedze eye wotsɔ xɔtunu siwo bɔ wu tu: protein, ami kple carbohydrates.

Gake le ƒe alafa miliɔn geɖe siwo kplɔe ɖo me la, nugbagbevi gbãtɔ mawo siwo si lãmenugbagbevi ɖeka le la to nɔnɔmetɔtrɔ ƒe ɖoɖo didi aɖe me to nunyiame siwo ƒe nyonyome de ŋgɔ wu, siwo nye vitaminwo kple tomenu siwo míenya eye míenya o, ƒe kpekpeɖeŋu me. Le nɔnɔmetɔtrɔ ma me la, wova do eye wodzi nugbagbevi vovovo siwo gɔme sese sesẽ wu. Míate ŋu akpɔ alesi wogbugbɔ ƒo nugbagbevi siwo le lã aɖe ƒe fugboe me ƒe ŋutinya me ŋgɔyiyi sia nu ƒu kpuie, tso esime wòdzi vi vaseɖe eƒe tsitsi bliboe. Wogbugbɔa nu ma ke wɔna le amegbetɔ ƒe lãmenugbagbevi ɖekaɖekawo ƒe tsitsi me.

Le lãkusi aɖe me la, mɔnu tɔxɛ aɖewo le lãmenugbagbevi tɔxɛ ɖesiaɖe si, eye ɖeko woate ŋu awɔ ɖoɖo ɖe wo ŋu ahawɔ wo be ŋutete nasu esi be wòawɔ dɔ vevie to nunyiame tɔxɛwo nana me. Fifia, nuɖuɖu xoxowo ɖeɖeko ate ŋu ana nu xoxo siwo hiã na mɔ̃ mawo ƒe dɔwɔwɔ siwo tsea ku. Anyi aɖeke mate ŋu awɔ anyitsi tso seƒoƒo siwo woɖa ƒe tsi me o!

Ne nu tɔxɛawo meɖo lãmenugbagbevi la gbɔ le agbɔsɔsɔ si sɔ me o la, eƒe tsitsi dzi ɖena kpɔtɔna alo ate ŋu atɔ gɔ̃ hã. Esia naa lãmenugbagbevi vovovo siwo ŋu dɔléle le, abe ami, anaplastic, lãmenugbagbevi vɔ̃ɖi alo kansa, macrophages, megakaryocytes, polykaryocytes, l

Eyata menye ɖeko lãkusi si ŋu nya ku ɖo ƒe lãmenugbagbevi akpa gãtɔ mewɔa esia o aɖo etɔxɛnyenye gbɔ (vovototodedeameme), gake nu xoxo siwo hiã na tsiwo ƒe dodo hã meɖoa lãmenugbagbevi ʋɛ siwo gakpɔtɔ léa dɔwɔwɔ ƒe ŋutete me ɖe asi si wɔe be lãkusia mete ŋu léa eƒe wɔwɔme nyuitɔ me ɖe asi o. Mɔ sia dzie lãkusia le

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dɔléle si ŋu dɔlélea gblẽ nu le. Lãmenugbagbeviawo ƒe tsitsi si medzɔa dzi na ame o kple woƒe dɔmawɔmawɔ nyuie ate ŋu adzɔ le ŋutinu kple ɖoɖo bubuawo katã hã me, si ana dɔléle siwo sɔ kplii nadze.

Ɣeaɖewoɣi la, lãkusi alo ŋutinu aɖe gblẽna ale gbegbe be eɖeɖe ɖa va zua nusi womate ŋu aƒo asa na o. Le esi teƒe be ŋutsuwo nawɔ afɔɖeɖe siwo le dzɔdzɔme nu wu be woatsɔ axe mɔ ɖe ŋutinu ma ƒe tsɔtsrɔ̃ nu le gɔmedzedzea me la, woɖea fu gãtɔ kekeake ɖa be yewoaɖee ɖa eye emegbe woƒoa adegbe le nukunu ma tɔgbe wɔwɔ ta. Le vegantɔ ƒuƒu gome la, eme kɔ ƒã be atike aɖeke mate ŋu ana lãmenugbagbevi si gblẽ la nagaɖo eƒe nɔnɔme si sɔ me eye wòatrɔ eƒe dɔwɔwɔ ƒe ŋutete si sɔ nɛ o.

Nu ɖula vɔ̃na na nugbagbevi suesuesue aɖeke o, elabena wokpɔa eta ɖe wo ŋu to dzɔdzɔmeŋusẽwo dzi. Dɔlékuiwo mate ŋu agblẽ nu le lãmenugbagbevi siwo tsi bliboe eye wole etɔxɛ (siwo to vovo) ŋu o. Wokakaa woƒe nugbegblẽwo ɖe lãmenugbagbevi siwo gbɔdzɔ eye wole bɔbɔe la dzi.

Le nyateƒe me la, nunyiame ƒuƒu ʋɛ mawo siwo wòɖuna ɣeaɖewoɣi hena vivisese ko, evɔ mebua woƒe vevienyenye bliboa ŋu o la gbɔe nuɖala si ɖua nu le la tso. Fifia, esi wònye be amegbetɔ ƒe nugbagbevi ate ŋu alé eƒe anyinɔnɔ ɖe te le nunyiame sue aɖe si mexɔ se o dzi ta la, nunyiame ƒuƒu sue mawo sɔ gbɔ be wòana wòanɔ agbe hena ɣeyiɣi aɖe.

Egbea la, zi geɖe la, nunyiame ŋuti nunyala gãtɔwo gɔ̃ hã bua nuɖuɖu ƒe gbegblẽ kple ɖiƒoƒo be eya koe nye nusiwo gblẽ le nuɖuɖuwo ŋu.
Wobua nuɖuɖu mawo katã siwo nye nu yeye, dzadzɛ eye "woɖa nyuie" be wonye nunyiame, nunyiame kple nusiwo sɔ. Edze abe nu vevi akpe geɖe siwo le wo me ƒe anyimanɔmanɔ metsi dzi na wo kura o ene. Ne woɖo ŋku edzi na wo la, woɖoa eŋu be yewo hã yewoɖua atikutsetse. Esia nye ŋuɖoɖo si me susu mele o wu. Amegbetɔ ƒe nugbagbevi ƒe dɔlélewo dzɔna tso nyateƒe si wònye be míema nunyiame siwo le wo nɔewo dome eye emegbe míeɖua wo ɖe vovo, abe alesi míagblɔe le vome ene, ɖoɖo nyui aɖeke mawɔmawɔe gbɔ.

Ele be woadi nunyiame ƒe asixɔxɔ si le nuɖuɖuwo ŋu ke menye le nuɖuɖu vovovoawo me o ƒe nuɖuɖu siwo woɖu, gake le nu vovovo siwo ƒo ƒui me

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nuɖuɖu mawo. Gbe si bɔ wu, le eɖokui si, sɔ gbɔ wu le eƒe nunyiame siwo le eme ƒe agbɔsɔsɔ kple nuɖuɖu gbogbo siwo woɖana le kplɔ̃ɖoƒe siwo me wowɔa nu xɔasiwo le wu la ƒe ƒuƒoƒo bliboa me. Esiae nye dzɔdzɔmeŋutinunya ƒe ʊɔnudɔdrɔ̃.

Atikewɔwɔ ŋuti takpekpe gbogbo aɖewo yia edzi hena mɔxexe ɖe dɔlélewo nu afisi ne woƒo nu gaƒoƒo geɖe tso nyati evelia ŋu vɔ la, atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya teƒenɔla vevitɔwo ƒoa ƒu ƒoa xlã kplɔ̃ siwo woɖo atsyɔ̃ na nyuie hena woƒe fiẽnuɖuɖu. Emegbe ne woŋe aɖaba ƒu nuɖuɖu vevi siwo da sɔ bliboe, siwo wowɔ le dzɔdzɔme ƒe nudokpɔƒe wɔnuku si wotsɔ xea mɔ ɖe dɔlélewo nu eye nu gbagbe akpe geɖe le wo me dzi la, wotsɔa ame kuku siwo gblẽ kple kukuawo yɔa wo ɖokui me to nuɖugbawo me. Nusi gavloe wue nye be wo dometɔ geɖe, siwo bua dzɔdzɔmenunyiamewo be womele vevie tututu o la, wua woƒe nunyiame ƒe ɖoɖoa nu kple kɔfi kple sigaret. Mina ɖɔktawo nado taflatsem ɖe sesẽ sia ta, gake le ŋugbledede vi aɖe megbe la, ele be woalɔ̃ ɖe nye nya dzi godoo be menye nunyiame ƒe ɖoɖo nyuitɔe nye esia o eye be ɣeyiɣia de be woabu tɔtrɔ vevi aɖe wɔwɔ le nuɖuɖu nana ƒe kɔnu siwo me vodada le fifia ŋu vevie.

Ɣeaɖeɣi le Asia-dukɔ aɖewo me la, lã si woɖa ɖeɖeko ɖua nuvlowɔla siwo wobu fɔe be woaku. Zi geɖe la, wokuna le ŋkeke 28-30 me, evɔ ne dɔ wu ame keŋkeŋ la, ate ŋu anɔ agbe ŋkeke 70 sɔŋ. Esia fia be menye ɖeko lã si woɖa nye nuɖuɖu gbegblẽ ko o, ke ne aɖi siwo wòwɔna ta la, enye aɖi ŋutɔŋutɔ si wua ame le ɣeyiɣi kpui aɖe ko me.

Wonya zi geɖe be ame siwo ɖua bli si wofli fũ akpa la xɔa beriberi, si wua dɔnɔa ne ehe fukpekpe gã aɖe vɛ vɔ. Fifia ɖewohĩ beriberi ƒe dzesi vevitɔ kekeakee nye polyneuritis, gake menye esia koe nye dɔlélea ƒe dzesi o; dzesi gbogbo aɖewo dometɔ ɖeka koe wònye. Eye menye vitamin B1 ƒe anyimanɔmanɔ koe hea dɔléle sia vɛ abe alesi wosusunɛ zi geɖe ene hã o. Vitamin siwo wonya alo esiwo womenya o la dometɔ aɖeke mele bli si wofli nyuie me o. Abolo ɣi eye le goawo katã me la, nusiwo katã woɖana

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tso wɔ ɣi me ƒe nɔnɔmewo sɔ pɛpɛpɛ kple bli si wofli nyuie. Nenema kee wòle le sukli si wowɔ kple ami siwo me kɔ, siwo nye nunyiame akpe geɖe siwo le eme la dometɔ ɖeka alo evelia teƒenɔlawo hã gome.

Nuɖuɖu siwo le etame, siwo nye nuɖuɖu vevitɔ na nuɖula si woɖa lae nye nu vevi siwo hea ku vɛ, ɖeko wowua ame le aɖuɖɔtoe, dɔléle siwo xɔa ame me, ƒunukpeƒetetedɔ, gout, sclerosis, suklidɔ, apoplexy, kansa kple gbogbo aɖewo ƒe atsyɔ̃ɖoɖo te dɔléle bubuwo. Ɣeaɖewoɣi la, wowua ame ne woxɔ ƒe ɖeka pɛ ko, ɣebubuɣiwo ne woxɔ ƒe atɔ̃, ƒe 10, 50 alo 70, le nuɖuɖu ƒomevi eve siwo woɖu (nuɖuɖu siwo woɖa kple nunyiame ƒuƒu) ƒe agbɔsɔsɔme si sɔ kple domenyiŋusẽfianu ƒe agbɔsɔsɔme nu tsitretsitsi si wotsɔna naa amea.

Le nunyiame manyomanyo ta la, egbea la, notsi mele vidada geɖe si woatsɔ ana no wo viwo o, eye eyata wo dometɔ aɖewo naa notsi ƒuƒu, bisiklet, abolo ɣi kple tii naa wo vidzĩwo. Le dzɔdzɔme nu la, ɖevia dzea gbegblẽ gɔme eye wòtsia dzodzodzoe. Dɔnɔ mawo tɔgbe yɔ ɖeviwo ƒe kɔdziwo kple tsyɔ̃eviwo dzikpɔƒewo le xexeame.

Atikutsetse me tsi ƒoɖi eve ko nana ɖevi mawo sɔ gbɔ gbesiagbe ale be woƒe lãmesẽ nagaɖo wo ŋu keŋkeŋ le kwasiɖa eve me. Gake nuɖuɖuŋutinunyala siwo nuɖuɖu zu numame na, siwo ŋea aɖaba ƒua atikutsetse ƒe hiahiã dzi, wɔa dodokpɔ vevesesetɔe ƒomevi ɖesiaɖe ɖe ɖevia ƒe ŋutilã si wogblẽ la ŋu, eye ne woɖe ʊu mamlɛawo tso eme vɔ la, wodzea agbagba be yewoatsɔ notsi ƒuƒu, si nye lãgbalẽ siwo woɖe tso lã me, aɖui , vitamin siwo wowɔ kple atike vovovowo. Ne míagblɔe bubui la, ne wometsɔ ɖeke le nunyiame siwo dzɔdzɔme nana faa ƒe dadasɔ si wɔ ɖeka me o la, wodzea dodokpɔwo wɔwɔ gɔme le ɖevi ma ƒe ŋutilã si ƒu la ŋu to nu ʊɛ aɖewo siwo ŋu wokpɔ sidzedze kakɛ aɖewo le le woƒe nudokpɔƒewo dzi. Ne ɖevi ma mekpɔ dzɔdzɔmenuɖuɖu aɖeke le mɔ aɖe nu alo bubu aɖeke o la, aku godoo eye ku mawo, le nyateƒe me, adzɔ le akpe geɖe me. Gake, nusi gavɔ̃ɖi wue nye be nuɖuɖuŋutinunyala manyanuwo dometɔ geɖe meɖea mɔ na ɖevi mawo be woaɖu atikutsetse ƒuƒu o kple dzixɔse be yewoƒe dɔgbo si gbɔdzɔ la mate ŋu aɖui o alo ne enyo wu la, wogblẽa atikutsetse

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enye atsyɔ̃ɖoɖo si mehiã o si le vevie boo o. Kpɔ nyateƒe si wònye be le kɔdzi geɖe me la, àkpɔ lã, bisiklet, notsi ƒuƒu, sukli, tii, margarine, bli, abolo ɣi, vitamin kple atike siwo wowɔ kple asi alesi nèdi, gake màkpɔ mɔ̃ ɖeka pɛ hã si woatsɔ ami atikutsetsewo o detsiƒonuwo, eye atikutsetsewo ƒeƒle menye dzizizi gɔ̃ hã o. Woɖea ɖevi ƒe kuku gbogbo aɖewo doa goe le kɔdzi mawo tɔgbe me, gake ame aɖeke medi be yeatsɔ nunyiame ƒe ɖoɖo si mele dzɔdzɔme nu o la atso ku mawo gbɔ o.

Meɖe kuku na ɖɔktawo katã ƒe amegbetɔ ƒe kpekpeɖeŋunana seselelãmewo. Mina woabu nya sia ŋu vevie. Mebiaa yunivɛsiti nufialawo katã kple dukɔ ɖesiaɖe si le xexeame ƒe dɔwɔha kple lãmesẽnyawo gbɔ kpɔha siwo katã kpɔa wo dzi be wotsi dzi ɖe woƒe amewo ƒe lãmesẽ kple nyonyo ŋu alo wometsi dzi o. Ne wole nenema la, ele be woadze dɔ gɔme kaba. Nye nyawo menye nususugblɔ dzro aɖe ko o, ke boŋ nyateƒenya siwo ŋu womate ŋu agbe nya le o, siwo metsɔna ɖoa nuxlẽla ŋkume menye le dodokpɔ siwo wowɔ le guinea-hawo ŋu ta o, ke boŋ to nye ƒomea kple nye ŋutɔ ƒe kpɔɖeŋu gbagbe me.

Mɔ nyuitɔ si dzi woato axe mɔ ɖe dɔlélewo nu ahada wo eye le ɣeyiɣi ma ke me la, woado agbenɔnɔ ƒe dzidzenu ɖe dzi enye be lãmesẽnyawo gbɔ kpɔƒe ɖesiaɖe naɖo gazazã sue aɖe ɖi na nyatakakadɔwɔƒewo ɖoɖo, kple taɖodzinu si dze ƒã be woana amehawo nanya nusiwo nuɖaɖa gblẽna, kpakple nuɖuɖu siwo me vitamin mele o, vevietɔ abolo ɣi, bli, lã, ami siwo me kɔ, sukli, tii, kɔfi, aha sesẽ kple esiwo me aha mele o. Emegbe ele be woaƒoe ɖe amewo nu be woaɖe nuɖuɖu siwo woɖa ɖuɖu dzi akpɔtɔ alesi woate ŋui eye woato tɔtrɔ vivivi va woƒe nunyiame ƒe nɔnɔmewo me.

Le dzɔdzɔme nu la, esi ŋutsuwo katã ƒe susu mele nunya o ta la, manya wɔ be woawɔ amesiame wòanye nu ɖula zi ɖeka o, gake ele vevie be amewo nanya woƒe ŋutilã ƒe nu xoxo siwo sɔ tso woƒe vidzĩme ke, ele be woaɖe wo ɖokui ɖa tso wo me nazãbubu siwo mesɔ o eye afɔku le wo me, eye ele be woakpɔe adze sii be menye koklozi ƒe mɔli, bli, lãgbalẽgolo, azi kple nyilã ye naa lãmesẽ kple ŋusẽ yewo kple wo viwo o, ke boŋ lu si mie, karɔt, tomatos, nukuwo, weintsetsewo kple bubuawoe. Taking my own case abe kpɔɖeŋu ene la, le lã kple nuɖuɖu bubu siwo woɖa ɖuɖu ƒe 52 sɔŋ ta la, ŋusẽ kple ŋutete katã bu le ŋunye

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màyi atrakpui eve dzi evɔ màse le ɖokuiwò me be gbɔgbɔtsixe le ye ƒo o; gake egbea, esi meƒo asa na nuɖuɖu si woɖa ƒe enyi vɔ la, mate ŋu aƒu du ayi towo dzi bɔbɔe ŋutɔ.

Nyemenya dzɔdzɔmeŋutinunya ƒe gɔmeɖoanyi ka dzie wonɔa te ɖo egbea le ɖeviwo ƒe aƒe kple ŋkeke ɖeka ƒe vidzikpɔƒe gbogbo aɖewo me la, wotsɔa bisikletɖakawo dana ɖe ɖeviawo si, be woakpe ɖe wo ɖokui ŋu ɣesiaɣi si wodi o. Ele be woatsɔ atikutsetse yeyewo, karɔt, aŋanyi kple tomatos ƒe kusiwo aɖɔ li nu gbegblẽ mawo ƒe aɖakawo le dzomeŋɔli, kple atikutsetse ƒuƒuwo le dzomeŋɔli, siwo me woaɖe mɔ na ɖeviwo be woaɖu nu tsoe faa eye woaɖu nu alesi wodi le gaƒoƒo ɖesiaɖe me ƒe ŋkekea me. Ekema amesiame akpɔ alesi, le dzɔdzɔmesewo ŋutɔ nu la, ɖeviwo adze atikutsetsewo ɖuɖu gɔme le wo ɖokui si ɖe nuɖuɖu siwo gblẽ teƒe, si ana woawo ŋutɔ ƒe asiwo nakpɔ kakaɖedzi le woawo ŋutɔ ƒe lãmesẽ ŋu.

Ele be woaxɔ nuɖuɖu ƒuƒu ƒe ɖoɖoa le kɔdziwo na ƒomevi ɖesiaɖe ƒe dɔnɔwo kple dukɔa nanya nu tso nusiwo do tso eme ŋu.
Woate ŋu awɔ ɖɔdɔdo siwo ŋu viɖe le ŋutɔ le dutoƒo nuɖuɖudzraƒewo.
Ne womexɔ nuɖuɖu siwo woɖa ƒe "vivisese" siwo nuɖuɖu zu numame na la le wo si keŋkeŋ o, togbɔ be wowua ame hã la, le ɣeyiɣi sia me la, anya wɔ be woaɖe woƒe agbɔsɔsɔ dzi akpɔtɔ alafa memama 50 ya teti eye woatsɔ salad yeyewo kple compote ƒuƒu aɖɔli nusiwo bu la, eye woatsɔ... atikutsetse ƒomevi gbogbo siwo le ɣeyiɣia me. To mɔ sia dzi la, menye ɖeko nuɖuɖu ato vovo eye wòavivi wu ko o, ke boŋ ameawo ƒe lãmesẽ hã asẽ ŋu, eye woakpɔ ga gbogbo aɖe si woadzra ɖo le dukɔa ƒe ganyawo me.

Ne dukɔmeviwo nya nya nu tso nusiwo nuɖuɖu siwo woɖa gblẽna le wo ŋu ŋu ko la, woadze agbagba aƒo asa na wo. Woakpɔ, hã, ame gbogbo aɖewo siwo si susu le siwo, ne wonyrɔ woƒe numame ƒe gbe la, woasrɔ̃ míaƒe kpɔɖeŋu eye to nuɖuɖu ƒuƒu blibo ƒe nuwɔna me la, woaka ɖe wo ɖokui kple woƒe ƒomewo ƒe lãmesẽ deblibo dzi. Ame siwo ƒe hayahaya ƒe mɔkpɔkpɔwo katã bu alo amesiwo ƒe ŋutilã gblẽ le ŋutilã ƒe sisi si mele dzɔdzɔme nu o ta la akpɔe be ne yewowɔ ɖe nuɖuɖu ƒuƒu dzi vevie la, le ɣleti ʋɛ aɖewo ko me la, yewoate ŋu akpɔ lãmesẽ si ŋu yewoku drɔ̃e le ɣesiaɣi.

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Amewo taa agbalẽ gbogbo aɖewo tsɔ ɖea atikewɔwɔa fiana atikutsetse kple amagbe vovovowo ƒe nɔnɔmewo, abe weintsetse, dati, akɔɖu, ŋutinuwo, anyitsi alo radish ene, eye to wo ɖuɖu ƒe mɔnu tɔxɛwo toto vɛ me la, wodzea agbagba be yewoade ga dɔ mawo me wòadze abe dzɔdzɔmeŋutinunya me nyadɔdrɔ̃ ene. Le nyateƒe me la, numiemie ƒuƒu ƒomevi siwo katã woate ŋu aɖu la nye nunyiame deblibo eye nɔnɔme ɖeka ma ke le wo si. Dɔléle ka kee ame aɖe ɖale o, wokpɔa nugbagbevi la ƒe didiwo gbɔ, wowɔa ɖoɖo ɖe ŋutinuwo ƒe dɔwɔwɔ ŋu, wogbugbɔa dɔnɔa ƒe lãmesẽ ɖoa anyi. Ele be woatsɔ nyatakaka siwo ku ɖe nyateƒenya mawo ŋu ade dukɔa si femaxee, elabena enye amemabumabu be woaxɔ ga ɖesiaɖe ɖe aɖaŋuɖoɖo mawo ta.

Nusiwo tsi tre ɖe wo nɔewo ŋu siwo wua ame yɔ nuɖala si ɖua nu ƒe nuɖuɖu ŋuti nunya me fũ. Le go geɖe me la, wokafua nuɖuɖu siwo gblẽa nu le ame ŋu be woɖea vi, evɔ woɖea esiwo le vevie ŋutɔ fiana be wogblẽa nu le ame ŋu eye wode se ɖe enu vevie. Esia le alea elabena wotu nuɖala siwo ɖua nu ƒe nuteƒekpɔkpɔ ɖe nuɖuɖuwo ƒe ŋusẽkpɔɖeamedzi enumake, si dzena eye wòtsi tre ɖe wo nɔewo ŋu kple akɔntabubu siwo mesɔ o siwo wowɔ le nudokpɔƒe dzi. Ame maɖifɔ miliɔn geɖe tsrɔ̃na le akɔntabubu mawo siwo tsi tre ɖe wo nɔewo ŋu eye womesɔ o ta.

Mɔfiame si ŋu kakaɖedzi le wue nye nuteƒekpɔkpɔ vevitɔ kple deblibo si nuɖula ɖula kpɔna, si me woɖea vodada, tsitretsiɖeŋu kple gɔmesese totro siwo katã le atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya me, le goawo katã me, kple le nuɖuɖuŋutinunya me vevietɔ la fiana heɖɔa wo ɖo zi ɖeka na amewo katã. Ehiã be woadzi nuteƒekpɔkpɔ ma ƒe kpɔɖeŋuwo ɖe edzi le didiƒe ʊĩ eye woana ameƒomea katã nanya nusiwo do tso eme.

Enye Nuvlowɔwɔ Vɔ̃ɖitɔ Kekeake Be Woana Vidzĩ Si Wodzi Yeye Nazu Numame na Nu Siwo Woɖa

Ne eva dze na amesiame be nuɖaɖa-nuɖuɖu nye numame si mele dzɔdzɔme nu o, be eya gbɔe amegbetɔwo ƒe dɔlélewo katã tsona eye be enye numame dziŋɔ aɖe ale gbegbe be ne ŋutsu nya dze eƒe asiléle si me vevesese aɖeke mele o me ko la, ƒã hafi amesi ŋu wòku ɖo la te ŋu ɖea eɖokui ɖa eya ŋutɔ tso eƒe as Gome kae le ame si si susu le si be wòatsɔe ade nugbagbe si me ame aɖe le me

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vi maɖifɔ si wodzi yeyee to eya ŋutɔ ƒe asiwo dzia? Gome kae le esi be wòatsɔ nuɖuɖu siwo wotɔ dzoe, wogblẽ, wowu le dzo me agblẽ via suea ƒe ŋutinuwo? Ðe menye nuvlowɔwɔ si me nublanuikpɔkpɔ mele o wu ɖesiaɖe oa, ɖe le nyateƒe me la, menye amewuwu, amewuwu ŋutasesẽtɔe wònye oa? Nye ŋutɔ metsɔ nye ŋutɔ nye asiwo wu vinye lɔlɔ̃ eveawo le mɔ ma nu eye menya nuvlowɔwɔa ƒe lolome nyuie.

Le nyateƒe me la, dzila siwo katã nuɖuɖu zu numame na la nye filicides. Le fifi ɣeyiɣia me ƒe alafa me la, ame aɖeke mekuna le dzɔdzɔmeku me o. Dɔléle siwo tsoa nuɖuɖu siwo woɖa gbɔe ame siwo katã kuna la tsona, eye ame siwo fiaa ɖeviwo be woaɖu nuɖuɖu siwo woɖa la nye wo dzilawo. Ele be dzila siwo ɖua nu siwo woɖa la nakpɔe adze sii bliboe be dɔléle kple kuxi ɖesiaɖe si le yewo viwo ŋu ƒe agbanɔamedzia le yewo ŋutɔ yewoƒe abɔta tẽ. Ele be woada nya sia kpɔ vevie wu hafi ayi woƒe vodada si wowɔna ɖaa la dzi. Wotsɔa nuɖuɖu si woɖa ƒe kakɛ gbãtɔ si wonana vidzĩae ɖoa kansa alo dzidɔ ɖesiaɖe ƒe gɔmeɖoanyi, ne dɔlélea dze le eƒe tsitsime gɔ̃ hã.

Woate ŋu aʋli nya be esesẽna na ame tsitsiwo be woaxɔ nuɖuɖu si woɖa keŋkeŋ. Ekema nyuie ŋutɔ, le nɔnɔme ma me la, mina woayi woƒe numame gbegblẽawo dzi vaseɖe esime woƒe dzi nadze wo ŋu. Gake nukae zi wo dzi be woatɔ dzo vidzĩ vidzĩ ƒe nu veviwo, agblẽ wo dome, axɔ nusiwo le wo me siwo le vevie wu la le wo si, atrɔ wo woazu nusiwo gblẽa nu le ame ŋu eye emegbe woatsɔ wo ana vidzĩa? Ele be nuwɔna sia si me amegbetɔ ƒe nɔnɔme mele o ɖe ɖevi maɖifɔwo ŋu, si nye ameŋugblẽnya sia, nadzudzɔ godoo.

Dzɔdzɔmeŋutinunya ƒe se aɖeke meli si axe mɔ na dzila be wòana lu si mie via ɖe abolo ɣi, bli si wofli alo macaroni teƒe o; karɔt, amititsetse, weintsetse kple akɔɖu ƒe detsiƒonu yeyewo ɖe notsi ƒuƒu teƒe; atikutsetse ƒuƒu siwo womeɖa o ɖe compote teƒe; walnut, almond, gbe siwo mie kple peas ɖe lã kple ami teƒe. To nuɖuɖu ƒuƒu ɖuɖu me la, ɖevia nɔa agbe le lãmesẽ me, si me dzidzɔ le, eye wònɔa agbe didi, evɔ nuɖuɖu bubu ya nana wòdzea dɔléle kple ku si mesɔ o me. Àte ŋu aka ɖe edzi be ɖevia dina be yeaɖu nu ƒuƒu kple eƒe luʋɔ blibo. Ebia be yeaxɔ yeƒe nu xoxowo le woƒe nɔnɔme si me gblẽ o me eye gomenɔamesi si ŋu womate ŋu ake ɖi le

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Ele be ɖɔkta alo dzila si si susu nyui kple dzitsinya mele o la nawɔ nu wòasɔ ɖe enu, eye mahe ɖe megbe kura o.

Ne vidzĩ xɔ ɣleti etɔ̃ alo ene la, eƒe ŋutinuwo dzea egɔme be woawɔ dɔ le mɔ si mesɔ o nu la, ɖɔkta si mekpɔa nu kpuie la ŋlɔa vitamin ƒomevi eve alo etɔ̃ siwo wowɔ kple asi ɖe nu akpe geɖe siwo wotɔ dzoe le dzoa dzi teƒe, alo ne mede ɖeke o la, ekafua atikutsetse ʋɛ siwo wodzidze gaƒoƒo ɖeka abe atike ƒomevi aɖe ene detsiƒonu, si to esia na eya ŋutɔ ƒe dzitsinya kple vidzĩa dzilawo siaa gbɔɖeme. Nukatae wòle be vitamin ƒe anyimanɔmanɔ nakpe ɖevi, ne dadaa metsɔa eƒe asiwo ŋutɔ gblẽa vitamin siwo le dzɔdzɔmenuɖuɖuwo me o?

Mina míamiã ŋku vie eye míakpɔ nukunu si dzɔdzɔme wɔna la le susu me na mía ɖokui le eƒe blibodede me. Ne míenya tsɔ luku ɖeka de amegbetɔ ƒe ŋutilã ƒe dɔwɔƒea to nu me ko la, nugbagbevi la xɔa nuku ma, gbãnɛ hemaae ɖe ŋutilã bliboa me. Nu vovovo akpe geɖe siwo ƒo ƒu ɖe nuku ma me la zɔna yia goawo katã me eye wo dometɔ ɖesiaɖe yia eƒe dɔ dzi. Eyata nunyiame vovovo siwo le lu ƒe nuku me wɔa dɔ vovovo akpe ewo eye wowɔa nugbagbevi la ƒe nugbagbeŋusẽwo vodada alo vodada aɖeke manɔmee.

Gake nusi dzɔna ne míetsɔ eƒe kakɛ aɖe de dɔgboa me abolo ɣie? Enaa dɔgboa wɔa dɔ taɖodzinu manɔmee; wotɔa dzoe hetrɔnɛ wòzua dzoxɔxɔ si ŋu viɖe aɖeke mele o, alo ne enyo wu la, eyia edzi tsɔa anyikpe alo kpe ʋɛ aɖewo siwo me aŋɔ mele o kpena ɖe lãmenugbagbevi aɖewo siwo mewɔa naneke o siwo ŋu viɖe aɖeke mele o ŋu. Ame si ɖua lu dzadzɛ ƒe dzi sesẽ eye wòsẽna abe bliku ene, gake amesi ɖua abolo ɣia ƒe dzi ya gbɔdzɔna eye wòte ŋu ƒuna abe abolo si wòɖuna ene. Le esia ta la, ɖi ɖase le dzidɔ siwo le dzidzim ɖe edzi ɖaa ŋu.

Ðe wòle be to nukunu aɖe me la, xexeame katã nava le eɖokui me egbea eye woaxɔ nuɖuɖu ƒuƒu ƒe nuwɔna, negbe dɔléle aɖewo koŋ siwo de ŋgɔ akpa le woƒe dɔlélewo me ko la, ame aɖeke maku le ɣeyiɣi si mesɔ o me le ƒe blaetɔ̃ alo ene siwo gbɔna me o, vaseɖe esime ame tsitsiwo

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amewo ɖoa tsitsi si gbɔ eme gbɔ. Abe alesi wòle ene la, ame siwo ku le nuɖuɖu si woɖa me sɔ gbɔ wu esiwo ku le aʋawɔwɔ gãtɔwo kekeake me ƒe teƒe geɖe.

Le ɖevi ɖesiaɖe si mate ŋu awɔ naneke o ƒe ŋkɔ me la, megaɖe kuku na dzɔdzɔmeŋutinunyalawo katã ake be, . ame siwo srɔ̃ nu, dukɔwo ƒe ŋgɔnɔlawo, lãmesẽnyawo gbɔ kpɔlawo, dzilawo kple ŋutsu dɔmenyotɔwo le xexeame katã be woatsɔ atsi nuvlowɔwɔ dziŋɔ ma si wowɔ ɖe ɖevi suewo ŋu la nu enumake. Gbesiagbe ƒe heheɖemegbe gblẽa ame maɖifɔ akpe geɖe ƒe agbe. Ame tsitsiwo ate ŋu atsɔ woƒe agbe asa vɔe na nuɖuɖu siwo woɖa ƒe vivisese siwo wua ame eye to esia me woawu wo ɖokui, gake amekae na gome wo be woawu wo vi dahewo, vevietɔ esi nuɖuɖu mawo, le esi teƒe be woana vivisese aɖeke wo o, yɔa wo fũu ɖeviawo kple ŋunyɔnu? Susu mele eme be míaʋli nya be ne ɖevi tsi la, akpɔ ame bubuwo woaɖu nu eye emegbe eya ŋutɔ hã ase le eɖokui me be yeaɖu nu. Gbã la, amedzrowɔwɔ abe nuɖuɖu si woɖa ene mate ŋu anɔ anyi eteƒe nadidi o eye míate ŋu akpɔ mɔ na nuɖuɖu ƒuƒu ƒe aʋadziɖuɖu kaba kple kakaɖedzi. Emegbe ame miliɔn geɖe hã li siwo kpɔa ame bubuwo ƒe ahatsunono alo atike muamewo zazã ƒe numame, gake woɖea wo ɖokui ɖa tso nu gbegblẽ mawo gbɔ nyuie. Vinye xɔ ƒe 6 xoxo

(Esia fia ƒe 1963, esime woŋlɔ agbalẽa ƒe akpa sia) kple eya hã ate ŋu ase nusianu gɔme; ekpɔa nuɖuɖu si woɖa si ame bubuwo ɖuna, gake eya ŋutɔ nyɔa ŋui kple eƒe luʋɔ blibo. Opium-zãla kae fiaa via vidzĩ be atike vɔ̃ɖi zazã ƒe numamea nasu esi tso eƒe vidzidɔ me ke?
Susu nyui kae ʋãa ŋutsu be wòatsɔ eya ŋutɔ via asa vɔe eye wòana wòanye zɔhɛ gbãtɔ na eƒe numame nyɔŋuwo be yeatsɔ ada asi ɖe ye ŋutɔ yeƒe numamewo dzi ahalé wo ɖe te? Dzilawo nahe ɖevi si le lãmesẽ me le dzɔdzɔmesewo nu gbã eye emegbe ne etsi vɔ la, mina woagblẽ eƒe afɔɖeɖe si wòawɔ le etsɔme ɖe eya ŋutɔ ƒe lɔlɔ̃nu me, abe alesi wowɔna le nu gbegblẽ bubuwo katã gome ene.

Ne dzila si si susu le xlẽ fli siawo vɔ la, mate ŋu akpɔ kpeɖodzi le nyateƒe si wònye be dziɖuɖumegã bubuwo ɖo aɖaŋu si to vovo kura na wo ŋu o. Ne eyi edzi le aɖabaŋeŋe ƒu nyateƒe ƒe gbe dzi la, ele be wòatsɔ agbanɔamedzi si nye be wòagblẽ via ƒe lãmesẽ me ahagblẽ eƒe etsɔme me la ɖe eƒe abɔta. Ele be ʋɔnudɔdrɔ̃ vevitɔ kekeake nanɔ ame si be wòatsɔ nu zero aɖɔli nu 10,000, lãmenugbagbevi kukuwo aɖɔli lãmenugbagbevi gbagbewo, nu xoxo siwo da sɔ bliboe atsɔ nusiwo gblẽ, dzɔdzɔmenuwo

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nunyiamewo to nunyiame siwo mele dzɔdzɔme nu o me, lu si mie to abolo ɣi dzi, peas dama to lã me, kple atikutsetse yeyewo to jam dzi.

Ele Be Dɔgbome Nu Gbagbeŋutinunyalawo Naɖo Kpe Be Dzɔdzɔme Ewɔ Vodada Esi Metsɔ Nuɖuɖuwo Na Mí le a Dukɔ si Woɖa

Meɖe kuku na dzɔdzɔmeŋutinunyalawo katã le dutoƒo be woaɖo kpe nye nukpɔsusuwo dzi eye... ɖe gbeƒã wo na xexeame katã, alo be woaɖo kpe edzi be ne wotsɔ dzɔdzɔmenuɖuɖuwo de dzo me la, womebu nunyiame siwo le wo me alo ŋusẽ si le wo me o; amagbewo ƒe lãmenugbagbevi gbagbewo mekuna o eye tɔtrɔ aɖeke medzɔna le atɔmawo ƒe ɖoɖowɔwɔ me o. Ele be woagaɖo kpe edzi be le nunyiamewo wɔwɔ na amegbetɔ ƒe nugbagbevi me la, ame tsitsi wɔ vodada le esi metsɔ nuɖuɖuawo ɖo mía ŋkume le nɔnɔme si "wokɔ", woɖa alo wotɔ dzoe me o, be dɔwɔwɔ siwo wowɔna le dɔwɔƒewo kple nuɖaƒewo nye dzɔdzɔmeŋutinunya me afɔɖeɖe siwo ƒe taɖodzinue nye be woaɖɔ dzɔdzɔme ƒe vodadawo ɖo eye be nunyiame geɖe le vitamin siwo amegbetɔ wɔ la me wu vitamin siwo le dzɔdzɔmenuwo me. Ne ema do kpo nu la, ele be woalɔ̃ ɖe vodada wɔnublanui siwo wowɔ vaseɖe fifia dzi eye esi woɖe nuɖuɖu siwo woɖa ɖa zi ɖeka ɖe ɣeyiɣiawo katã nu la, ele be woaɖo sitsoƒe le xexeame katã ƒe nunya me eye woadzudzɔ nudede dzɔdzɔmenuɖuɖu siwo Anyigba ƒe dzɔdzɔme wɔ ƒe wɔwɔme me. Na amesiwo bua wo ɖokui be wonye lãɖulawo naɖu woƒe lã, ne woate ŋui, yeye kple blibo, abe alesi lã ɖulawo wɔnɛ ene, evɔ womawu eƒe lãmenugbagbeviwo alo agblẽ nu le eŋu le mɔ aɖeke nu o.

Gome mele mía si be míagblẽ nu xoxo siwo dzɔdzɔme wɔ na amegbetɔ ƒe nugbagbevi la ƒe blibonyenye o esime, esi dzɔdzɔmeŋutinunya ƒe mɔnuwo katã le mía si ta la, míete ŋu wɔ nugbagbevi suetɔ kekeake si me lãmenugbagbevi ɖeka le o; ne to nunyiame siwo katã míenya ƒe kpekpeɖeŋu me la, míate ŋu ana nuɖuɖu nugbagbe aɖe le mɔ si wowɔ kple asi nu eye míana wòanɔ agbe eteƒe nadidi o; eye ne míete ŋu de dzesi nusiwo le bliku ɖeka me ƒe akpa akpe ɖeka pɛ ko. Enye nyateƒe be wowɔ numekuku geɖe eye wowɔ ŋgɔyiyi geɖe le nunyiame vovovowo kple le esia ta nunyiame vevi geɖewo ƒe dzesidede me

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woke ɖe nusiwo ŋu woke ɖo ŋu, gake nusiwo katã ŋu woke ɖo la mate ŋu anye esiwo ŋu vevienyenye lolo wu yamenutomeyimɔ̃ siwo wowɔ kple asi la toto vɛ o. Vovototo si le vitamin siwo wowɔ kple nunyiame siwo ƒo ƒu wɔ bliku dome la sɔ kple vovototo si le yamenutomeyimɔ̃ siwo amegbetɔ wɔ kple dziƒonu siwo wɔ míaƒe ɣletivihatsotso bliboa dome. Gake dzɔdzɔmeŋutinunyala siwo wɔa yamenutomeyimɔ̃ siwo wowɔ kple asi la mebunɛ gbeɖe be yewoatsrɔ̃ ɣletivihatsotso siwo li fifia eye yewoatsɔ ɣletivihatsotso siwo le wo ɖokui si yeyee aɖo wo teƒe o.

Mɔ nyuitɔ si míawɔe nye be míasrɔ̃ dzɔdzɔmesewo nyuie lãwo kple amagbewo ƒe nɔnɔmetɔtrɔ. Gake, le nɔnɔme aɖeke me la, mele be míaɖe dzɔdzɔmedɔwo ɖa eye emegbe míadze agbagba agbugbɔe atu to lãkusi me tsi wɔnublanuiwo kple vitamin siwo wowɔ kple asi ƒe kpekpeɖeŋu me o.

Ne míetsɔ mɔli alo lãgbalẽ kakɛ aɖe de bɔta me eye míedze eɖaɖa gɔme la, míedzea eƒe tsɔtsrɔ̃ gɔme tso ɣeyiɣi gbãtɔ me ke.
Enumake edzea ʊuʊu gɔme, evuvu, wòzua blɔ eye emegbe wòƒuna, eye ne míeyi dɔwɔwɔa dzi ɣeyiɣi didi vie la, eƒona eye wòtrɔna zua aŋɔ gbegblẽ. Ʊeʊẽ vivi ma si ʊãa míaƒe ŋɔtiwoe nye dzɔdzɔmenuɖuɖuwo ƒe akpa vevitɔwo ƒe ʊeʊẽ, siwo koa nu na míaƒe sidzenuwo eye wobuna ɖe ya tsɛ me.

Mele be woazã nya "nuɖaɖa" kple "abolomeƒe" le gɔmesese si nye dzadzraɖo, xɔtutu kple ŋgɔyiyi, abe alesi wozãa wo vaseɖe fifia ene; ele be woazã wo, ke boŋ, atsɔ aɖe seselelãme si nye be wogblẽ, tsɔtsrɔ̃, dzobibi, amewuwu alo tsɔtsrɔ̃ afia, elabena to dɔwɔwɔ mawo me la, míetsrɔ̃a nu xɔasitɔ kekeake siwo le vevie ŋutɔ na míaƒe nugbagbe eye to esia me la, míewɔa nuvlo nyɔŋutɔ kekeake ɖe ameƒomea ŋu .

Vidzĩ Nyɔa ŋu Nuɖuɖu Siwo Woɖa ƒe Vivi, Si Edzena Nudzroame Na Nuɖuɖu Numame Ðeka Ko, Abe alesi Edze abe Opium Doa dzidzɔ na Atikevɔ̃ɖizãla

Ame tsɛwo ate ŋu asusu be anye ŋutasẽnuwɔwɔ be woaxɔ nu le ame si vivi si dona tso nuɖuɖu siwo woɖa ƒe vivi me ƒe viwo. Abe

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ele be amewo nakpɔe be le nyateƒe me la, nuɖuɖu siwo woɖa mevivina kura o; wodzena na nuɖuɖu zu numame na ko, abe alesi opium dzena na atikevɔ̃dzi̇zãla ene. Vaseɖe fifia la, ame aɖeke meli agblɔ nyateƒe bɔbɔe sia na mí o, elabena tso blema ke la, ame aɖeke mevo tso nuɖuɖu ƒe numame me o.

Vidzĩ si wodzi yeyee ƒe ŋutinuwo trɔna ɖe nuɖuɖu ƒuƒuwo ɖeɖeko ƒe wɔwɔme nu. Vidzĩa kpɔa dzidzɔ ɖe atikutsetse kple amagbe ƒuƒu siwo womeɖa o ŋu ŋutɔ. Eɖua nuku ƒuƒu, mɔli, gbe, aubergine, green peas kple lentils, siwo vivina nɛ ŋutɔ, gake womevivina na nuɖala si ɖua nu o, kple dzidzeme gãtɔ kekeake.

Ðevi sue la mekpɔa dzidzɔ aɖeke tso nuɖuɖu siwo woɖa ƒe vivi me o; enyɔa ŋu wo eye wòƒoa asa na wo kple eƒe luuɔ blibo eye vevesese gã aɖee wòmia nuɖuɖu mawo siwo mele dzɔdzɔme nu o. Gake dzila dahe si ƒe susu le bɔbɔe la mese esia gɔme o. Eya ŋutɔ ƒe numame ɖeɖekoe fiaa mɔe eye le eƒe dzimaɖitsitsi be yeana nuɖuɖu ɖevia nyuie me la, eyia edzi zia nuɖuɖu nyɔŋu mawo ɖe eƒe ŋɔti me ale gbegbe be wòtrɔa ɖevia wòzua numame deblibo, si wɔnɛ be wògblẽa eƒe lãmesẽ kple dzidzɔkpɔkpɔ me.

Le vidzĩa ƒe agbeme ƒe ɔɛ gbãtɔwo me la, ewɔa nu dziŋɔ aɖe avuwɔwɔ kple nuɖuɖu siwo mele dzɔdzɔme nu o. Esia dze le ɖeviwo ƒe dɔléle gbogboawo kple dɔgbomedɔléle siwo ɖea fu na ɖeviwo enuenu, kpakple vidzĩwo ƒe ku ƒe agbɔsɔsɔ gã la me. Vidzĩ nye dɔwɔƒe yeye si wotu, si de blibo. Madze dɔ gbeɖe ne míena dzɔdzɔmenunyiamewo na eƒe ŋutinuwo ƒe nunyiame ƒe dɔwɔna siwo sɔ.

Xexeame katã ƒe raw-veganism ƒe lɔlɔ̃ ɖe edzi koe nye mɔ ɖeka kolia si dzi woato ana ablɔɖe amewo katã ameƒomea tso dɔlélewo ƒe fiƒode me zi ɖeka ɖe ɣeyiɣiawo katã nu. Ele be nuɖuɖu ƒuƒu ƒe kaka nadze egɔme tso dɔnɔwo, vi siwo wodzi yeyee, amesiwo wona lɔlɔ̃nu faa ŋusẽ kple nunya si hiã, kple ɖevi siwo ɖua nu ƒuƒu dzila siwo si susu le, amesiwo ƒe agbanɔamedzie wòanye be woaɖe nuɖuɖu gbegblẽ ƒe dzesiwo katã ɖa le woƒe aƒewo me ale be be woagatsɔ tetekpɔ ade wo viwo ƒe mɔ dzi o. Ɣeyiɣi gbãtɔ sia si me woadzudzɔ nuɖuɖu siwo woɖa le lɔlɔ̃nu faa me la anɔ anyi vaseɖe ŋkeke si dzi dziɖuɖumegãwo ava

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woƒe sidzenuwo, eye woaɖoe be yewoagblɔ be nuɖuɖu ƒuƒu nye dzizizi, si ana dzɔdzɔme ƒe lɔlɔ̃nu si me nunya le nazi ameha siwo menya nu o, siwo womefia mɔe o la dzi. Ɣeyiɣi aɖe ava esime nuɖuɖu ƒuƒu axɔ aƒe ɖe xexeame katã. Le etsɔme yayra mawo me la, woanya nuɖaɖa be enye nuvlowɔwɔ.

Mele be alesi wosusu be esesẽna be woaɖe nuɖaɖa ƒe numamea ɖa kaba la nanye taflatsedodo be woagbe nu gbegblẽ si wògblẽna le ame ŋu o. Ame aɖeke medzea agbagba be yeatsɔ aɖo kpe fififi, adzodada kple amewuwu dzi o, togbɔ be womete ŋu ɖe dɔvɔ̃ vɔ̃di siawo ɖa le amegbetɔƒomea me o hã. Nya vevitɔe nye be dzɔdzɔmeŋutinunyalawo nalɔ̃ ɖe edzi le gɔmeɖose nu eye woaɖe gbeƒãe na dukɔa be nuɖuɖuɖaɖa ƒe dɔwɔwɔ mesɔ o, menye dzɔdzɔme nu o eye afɔku le eme, eye be eya gbɔe dɔlélewo tsona tẽ. Emegbe woate ŋu agblẽ nyabiase evelia si nye be woatsɔ nuɖuɖu ƒuƒu ade nuwɔna ŋutɔŋutɔ me ɖe nudzɔdzɔ siwo kplɔe ɖo me.

Nuɖuɖu si woɖa la dzi nuɖuɖu ƒe numame, dɔlélewo, atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya kple atikeŋutinunya ɖe wo nɔewo yome. Taɖodzinu vevitɔ si le atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya ŋue nye be wòadzra amegbetɔ ƒe ŋutinu siwo gblẽ eye wogbã la ɖo ahawɔ wo yeyee. Le atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya teƒe la, eƒe dzɔdzɔmeŋutinunya alo lãmesẽ le nuɖuɖu ɖula si, si ƒe taɖodzinue nye be yeaxe mɔ ɖe gbegblẽ siwo míeyɔ ɖe etame nu eye yeakpɔ egbɔ be dzidzime siwo li fifia kple esiwo gbɔna la nanɔ agbe le lãmesẽ me, dzidzɔtɔe, didi eye ŋutifafa le eme. Dzɔdzɔmesewo dzi dada gbɔe dɔlélewo katã tsona. Nuɖuɖu ƒuƒu zi amewo dzi be woade bubu se mawo ŋu.

Nuɖuɖu ƒuƒu ƒe Nuwɔna Le Nye Ƒomea Me

Nyateƒe si wònye be esi mexɔ ƒe 60 la, mete ŋu ŋlɔa fli siawo la tso… nuɖuɖu ƒuƒu. Ƒe adre alo enyi enye sia la, nye dzi menɔ nɔnɔme madeamedzi me ale gbegbe be edze abe dzidɔe nye nusi womate ŋu aƒo asa na o ene. Tsã la, gbɔgbɔtsixe tsia ƒonye ne meli atrakpui ʋɛ aɖewo; Ŋusẽ menɔ ŋunye ale gbegbe be mate ŋu akɔ tsigoe ɖeka o. Aɖuɖɔtoe, nuɖuɖumadzroame, dzimeve, alɔ̃madɔmadɔ, taɖuame, ƒuƒoƒo, gout, sclerosis, ʋusɔgbɔdɔ, tachycardia, aɖuɖɔtoedɔléle si nɔa anyi didi, ʋusɔgbɔdɔ kple dzamezã enuenu nye zɔhɛwo le nye agbe me ɣeyiɣi didi aɖee nye sia. Le nuɖuɖu ƒuƒu ta la, meɖe dɔléle mawo katã ɖa. Meɖe nye ʋu ƒe sisi dzi kpɔtɔ tegbee tso 18-20 va ɖo 13, eye nye ʋu ƒe sisi tso 80-90 va ɖo 58-60. Ðeɖiteameŋu ƒe dzesi aɖeke manɔmee la, .

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Mete ŋu zɔa afɔ yia Tajrish eye metrɔna (si didi kilometa 24) le gaƒoƒo ene me, lia towo abe gbɔ̃ ene, kɔ mɔzɔkplo kpekpewo ɖe atrakpui dzi eye ne ɣeyiyi su asinye la, meɖia tsa kilometa 12 abe gbesiagbedɔ dzro aɖe ene. Nye, amesi ŋu aɖuɖɔtoedɔléle si nɔa anyi didi nɔ fu ɖem na ɣeaɖeyi eye asrãdɔ nɔ ŋunye zi geɖe le ƒea me abe nusi dzɔna ɖaa ene la, nyemexɔ dzamezã gɔ̃ hã le ƒe ʊɛ siwo va yi me o eye memlɔa yame le ƒe bliboa me le dzomeŋɔli kple dzomeŋɔli, eye vɔvɔ̃ suetɔ kekeake manɔmee na vuvɔ alo nugbagbevi suesuesuew

Ƒe aɖewoe nye esi va yi la, gout aɖe dze dzinye vevie ale gbegbe be nyemete ŋu ka asi eŋu o nye afɔbidɛ gã la ƒe ƒunukpeƒewo; egbea mate ŋu atrɔ wo kple nye ŋusẽ katã vevesese ƒe dzesi suetɔ kekeake manɔmee. Afikae wokpɔ nu mawo tɔgbe le le xexeame to atophan, ACTH, digitalis, bromides, iodine, aspirin, dɔlékuiwutikewo kple atike akpe geɖe bubuwo zazã me?

Woate ŋu akpɔ mɔ kple kakaɖedzi be dzi si wɔa dɔ sesĩe 58 le aɖabaƒoƒo ɖeka me la ayi edzi awɔ dɔ ƒe geɖe ŋutɔ evɔ madze afɔku si nye ʊusɔgbɔdɔ me gbeɖe o. Le nuɖaɖa ƒe nɔnɔmewo abe dzi ƒe tsotso ƒe ɖiɖi ene me la, ne dzia gbɔdzɔ ko hafi wòdzɔna, gake le gonyeme la, enye dzɔdzɔmenu si dona tso nye nuɖuɖumeŋusẽ ƒe dɔwɔwɔ edziedzi me.

Eɖe dzesi ŋutɔ be ɣesiaɣi si medze agbagba be matsɔ dzɔdzɔmenuɖuɖu siwo sɔ gbɔ wu zi gbɔ zi geɖe la ade nye dɔgbo me la, womenɔa dɔgboa me eteƒe didi o, ke boŋ wotoa dɔgboa me zi ɖeka eye wodzona le ŋutilãa me le gaƒoƒo ʊɛ aɖewo megbe, evɔ wometoa wo me o gbegblẽ ɖesiaɖe eye mahe nuɖuɖumeŋusẽ ƒe kuxi suetɔ kekeake vɛ alo mahe vevesese aɖeke vɛ nam kura o. Le nɔnɔme sia me la, nye dzi ƒe tsotso dzina ɖe edzi wu zi ene alo atɔ̃ le aɖabaƒoƒo ɖeka me, gake ne medze agbagba be "maɖi ƒo" kple nuɖuɖu siwo woɖa abe "amegbetɔ dzro aɖe" ene la, nye dzi ƒe tsotso dzina ɖe edzi enumake va ɖoa 85-90 eye exɔa ŋkeke geɖe hafi nye dɔgbo gagate ŋu sena le eɖokui me be yeƒe dɔme le bɔbɔe.

Mele vinye etɔ̃lia hem kpe ɖe nye ŋutɔ ŋu abe nu ƒuƒu ɖula ene. Exɔ ƒe adre vi sue aɖe xoxo, gake metsɔ nuɖuɖu si gblẽ ƒe kakɛ ɖeka pɛ hã de eƒe nu me kpɔ o. Eƒe lãmesẽe nye...

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blibodede ƒe nɔnɔme. Fifia mete ŋu kpɔ vovototo gã si le ɖevi siwo ɖua nu ƒuƒu kple ɖevi siwo ɖua nu ɖa dome. Ele bɔbɔe be woahe ɖevi alafa ɖeka siwo ɖua nu ƒuƒlu wu ɖevi ɖeka si ɖua nu ɖaɖa. Mɔnukpɔkpɔ mesua ame si gbeɖe be wòatsi dzi ɖe ɖeviwo ƒe dɔlélewo abe vuvɔ kple dzamezã, aɖuɖɔtoe kple dɔmeɖui, alo kuxi le ɖevia ƒe nuɖuɖu fũ alo nu sue aɖe ɖuɖu ŋu o. Ekpɔa dzidzɔ abe lãkle ene eye ɣesiaɣi si wòdi la, eyia kplɔ̃a ŋu hekpena ɖe eɖokui ŋu le nusianu si wòlɔ̃a ɖuɖu me. Efea fefe, dzia ha heɖua ɣe ŋkeke bliboa katã dzodzro alo nusi mewɔa nuvevi ame aɖeke o, avifafa manɔmee, evɔ mehea kuxi aɖeke vɛ na amesiwo ƒo xlãe o.

Emlɔa anyi le fiẽ ga 8 pɛpɛpɛ eye esi wòdzi ha na eɖokui aɖabaƒoƒo ʊɛ aɖewo vɔ la, emiãa ŋku hedɔa alɔ̃ abe tame ene vaseɖe ŋdi ga 6. Gawu la, enye nyateƒenya si ɖe dzesi ŋutɔ be le ɣleti ʊɛ gbãtɔawo megbe la, zi etɔ̃ alo ene koe míete ŋu ɖoa ŋku ɣeyiɣi si me wònyɔ le zã me dzi. Eƒe alɔ̃dɔdɔ de to eye wòsesẽ ale gbegbe be toɣliɖeɖe alo ʊuʊu aɖeke mena wònyɔ o.

Ne ɖevi bubu siwo le ɖeviwo ƒe sukua bɔbɔ nɔ woƒe ŋdi nuɖukplɔ̃ ŋu be yewoaɖu abolo kple cheese, abolo kple bɔta, abolomegba, kple bubuawo la, etsɔa eƒe atikutsetse kotoku si wòtsɔ le aƒeme la doa goe eye wòsea vivi nɛ kpoo. Ne míeyi xɔlɔ̃wo gbɔ la, etsɔa ɖekematsɔleme blibo léa ŋku ɖe tiikplɔ̃ mawo siwo dzi agba sɔ gbɔ ɖo siwo ŋu amewo nɔa anyi ɖona eye "wosea vivi" le abolo kple nu vivi ƒomevi ɖesiaɖe ŋu. Meɖea didi aɖeke fiana gbeɖe o, le didi be yeanya wo dometɔ aɖeke ta gɔ̃ hã o. Mɔ sia dzie wòle be woahe ɖevi siwo katã ɖua nu ƒuƒlu la le.

Srɔ̃nye, amesi dzi nyemezi nye nukpɔsusuwo dzi kpɔ o la, vivivi tɔtrɔ le eƒe nunyiame ƒe ɖoɖoa ŋu le via kple eƒe lãmesẽ ta, va zu nuɖula blibo fifia eye eƒe nɔnɔmea dze eŋu ŋutɔ. Be míadze egɔme la, eɖe asi le lã ŋu kura eye emegbe wòɖe nuɖuɖu siwo woɖa si me lã mele o dzi kpɔtɔ va ɖo ɖeka alo eve le kwasiɖa me. Esi ɖevia nɔ tsitsim vie la, wotsɔa mɔli ʊee aɖewo siwo woɖa siwo woxɔna ɣeaɖewoɣi dɔlia esiawo. Mlɔeba la, woɖe asi le amesiawo hã ŋu keŋkeŋ esi gbeɖeka ɖevia bia be, "Nukae ʊeʊẽ nyɔŋu ma tso, Dada?" Le ema megbe la, abolo blibo si wotsɔ ƒo ƒu wɔe si wòɖuna kple walnut ɣeaɖewoɣi, si ɖevia mekpɔna o la koe wòtsɔ.* Egbea la, ekpɔ ŋusẽ wɔnuku si nuɖuɖu ƒuƒu kpɔna ɖe eƒe nugbagbevi dzi eye mewɔ nuku o, .

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eyata, be wòatsri nuɖuɖu siwo katã woɖa. Eye wowɔ nusiawo katã sesẽ boo aɖeke manɔmee, ne wonya tso nya me vevie ko. Ne nuɖuɖu si woɖa ƒe ʋeʋẽ mele aƒea me o la, nuɖuɖu ƒuƒu ɖuɖu va zua nusi le bɔbɔe ŋutɔ. Esiae nye mɔ si dzi wòle be dzila mawo katã siwo dea asixɔxɔ woƒe lãmesẽ ŋu eye wolɔ̃ wo viwo nazɔ.

Amegbetɔ ƒe Nɔnɔme Vɔ̃wo katã nye Nuɖaɖa ƒe Emetsonuwo

Le nu ɖum

Nuɖuɖu ƒuƒu ana nu gbegblẽ bubuwo katã abe ahatsunono, atamanono, atikevɔ̃dzazã kple ŋukeklẽ ene ɖa le fefewɔƒea. Numame siawo magate ŋu akpe ɖe nuɖuɖu ƒuƒu ŋu azɔ o. Nu gbegblẽ siawoe nye nuɖuɖu ƒe numame ƒe satelaitwo.

To nuɖuɖu ƒuƒu ƒe aʋadziɖuɖu me la, ŋutifafa si anɔ anyi ɖaa ava xexeame kple dukɔwo dome mlɔeba. Nuvlowɔwɔ, fuléle, fuléle, dada, ŋuʋaʋã kple le goawo katã me la, amegbetɔ ƒe numame gbegblẽwo katã nye nuɖaɖa-nuɖuɖu ƒe dzidzimeviwo. To nuɖaɖa ɖuɖu ɖeɖeɖa me la, amegbetɔwo ƒe dzodzrowo adze akɔ anyi, woƒe susu adzi ɖe edzi eye agbea ava nɔ bɔbɔe ale gbegbe be maganɔ agbanɔamedzi na ŋutsuwo be woavuvu wo nɔewo ƒe ŋutilã alo adzra woƒe dzitsinya ɖe ze me tɔtɔ ta o.

Ele Be Nuɖuɖu Ŋuti Nukpɔsusu Nanye Seɖoƒe Na...

Dzɔdzɔmenuwo ƒe Nuɖuɖu Si Menye Dzɔdzɔmenuwo O ɖɔliɖɔli

Mɔnu si Wotsɔ Naa Nuɖuɖu

Nuɖuɖu ƒuƒu bliboe nye mɔ ɖeka kolia si dzi woato aɖe ameƒomea tso dɔlélewo me. Afã-dzidzenuwo mena nu aɖeke kpɔ o eye womaɖe emetsonu aɖeke hã gbeɖe o. Le nuɖaɖa-nuɖuɖu ƒe nɔnɔme siwo li fifia me la, ele be woabu akɔntabubu siwo katã dzi woda asi ɖo le nuɖuɖu tɔxɛwo ƒe nunyiame ƒe asixɔxɔ ŋu be wonye esiwo ŋu womebu naneke le o. Nuka kee dɔlélea ɖanye o, ne wole nuɖuɖu ŋuti nya la me dzrom la, ele be míabu tame le nusiwo womeɖa o kple esiwo woɖa, dzɔdzɔmenuwo kple esiwo mele dzɔdzɔme nu o, esiwo le dzadzɛ kple esiwo gblẽ la gome ko. Kafukafu siwo woɖona gbesiagbe le radio dzi, nyadzɔdzɔgbalẽwo me kple to mɔnu vovovowo dzi ku ɖe vitamin, mineral kple protein tɔxɛwo zazã ŋu, kple nyatakaka siwo wor

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womate ŋu awɔ dɔ o, viɖe aɖeke mele wo ŋu o eye afɔku le wo me, vevietɔ ne wotu wo ɖe atike vɔ̃ɖiwo kple lãwo ƒe nuɖuɖu zazã dzi.

Le nunyiame ɖekaɖekawo ƒe nɔnɔmewo ŋu bubu me la, mele be míatsi dzi kura le vitamin alo nu bubu siwo le nunyiame aɖe koŋ me ŋu o. Enye nu vovovo siwo katã le nuɖuɖu ƒe nu me ƒe anyinɔnɔ matrɔmatrɔ si wòle be wòanye dzizizi. Eyata ele be míakpɔ egbɔ be nusiwo le eme la dometɔ aɖeke naganɔ nuɖuɖu siwo míeɖuna me o. Aleae wòle ne míeɖu amagbe ƒuƒu ƒe nuɖuɖu ɖesiaɖe, evɔ le nuɖuɖu siwo woɖa me la, womele akpe geɖe me o.

Ƒe alafa geɖe enye sia si eŋutinunyala bibi akpe geɖe wɔa nuɖuɖu ŋuti nunyalawo woƒe nusɔsrɔ̃ tɔxɛa. Gake esi wolé ŋku ɖe kuxi evelia ɖeɖeko ŋu eye womebu nusiwo dzodoƒe ƒe dzo gblẽ le ŋu o ta la, woƒe numekukuwo mete ŋu na nusiwo wodi o eye esi vɔ̃ɖi wue nye be le woƒe nya gbogbo siwo tsi tre ɖe wo nɔewo ŋu ta la, wogblẽ nu le ameƒomea ŋu . Menye ɖeko amagbeɖulawo gɔ̃ hã, amesiwo woate ŋu abu be wonye amesiwo le ŋgɔ yim wu le wo dome la, ɖeko woɖe mɔ ɖe nusiwo dzoa gblẽ ŋu ko o, ke wodo dzi le abolo ɣi kple sukli si ŋu wokɔ, siwo me nu xɔasiwo katã mele o zazã hã me. Ke hã, ele be woaʊu eme be le amegbetɔwo ƒe numamewo dzi ɖuɖu me la, amagbeɖulawo to mɔ si dzi ʊuʊudedi le wu la dzi. Afɔɖeɖe sesẽtɔ kekeakee nye lãɖuɖu ɖeɖeɖa, eye le ema megbe la, nuɖuɖu ƒuƒu ɖɔliɖɔli si me lã mele o nye afɔɖeɖe sue aɖe ko, togbɔ be afɔɖeɖe sue sia dzie wòle be woato aɖo woƒe taɖodzinu mamlɛtɔ gbɔ hã. Eyata ele be woakpɔ mɔ be amagbeɖula siwo ƒe nukpɔsusu le vovovo la alɔ̃ ɖe nuɖuɖu ƒuƒu ƒe gɔmeɖosewo dzi eye woaƒo ƒu ɖekae le aflaga ɖeka te, be woatsɔ aɖo dzidzɔgbenɔnɔ ma si nye ameƒomea ƒe drɔ̃e ɣesiaɣi la ƒe gɔmeɖoanyi.

Esi wònye nuɖuɖuŋutinunyala bibi ta la, G. Hauser xɔ ŋkɔ gã aɖe le Amerika. Gake Hauser gɔ̃ hã, togbɔ be ewɔa ŋgɔyiyi ne wotsɔe sɔ kple nuɖuɖuŋutinunyala bubuwo hã la, mebua nusiwo nuɖaɖa gblẽna le ame ŋu ŋu o eye le esia ta edzea agbagba be yeagbugbɔ nusiwo gblẽ le nuɖaƒea aɖo te to atikewɔmɔnu siwo woŋlɔ nɛ dzi. Mina míatsɔe vie be eƒe aɖaŋuɖoɖo

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ate ŋu awɔ taɖodzinu aɖe si ŋu viɖe le. Gake afikae dɔwɔla, agbledela alo ame tsɛ si le ablɔdzi le be wòakpɔ dɔlar akpe ɖeka ƒe fe si wòle be wòaxe be yeaxɔ nyatakaka tso molasses yibɔ agbɔsɔsɔme si wòle be wòano le ŋdi me, amɔwɔuãnu agbɔsɔsɔme si wòle be wòano le fiẽ me ŋu , alo vitamin aɖe koŋ ƒe unit akpe nenie wòle be wòami gbesiagbe?

Esia menye mɔnu nyuitɔ o. Ehiã be woanya nu bliboa nyuie xexeame bliboe alesi wòanya wɔe kple amegbetɔ ƒe nugbagbevi veviwo, be woatrɔ nunyiame ƒe nɔnɔme siwo li fifia kura eye woatɔ te nuɖuɖu tɔxɛwo kple vitamin ɖekaɖekawo ƒe aɖaŋuɖoɖowo.

Dzɔdzɔmeŋutinunyalawo nya be ame aɖeke si ɖua abolo, bli si wofli alo lã ɖeɖeko mate ŋu akpɔ mɔ be yeanɔ agbe didi o. Gake ame tsɛ menya esia o. Le eƒe nukpɔsusu nu la, nuɖuɖu mawo naa nunyiame nyui aɖe. Aleke míawɔ aka ɖe edzi be le nɔnɔmewo ƒe ŋusẽ alo to ahedada ƒe nyaƒoɖeamenu me la, ame ɖeka matsɔ nuɖuɖu mawo ɖeɖeko aɖu eɖokui kple viawo bometsitsitɔe o eye magblẽ eɖokui le emetsonuwo me o? Dzɔdzɔmeŋutinunyala xɔŋkɔtɔ kekeake gɔ̃ hã, si nya nu tso nya bliboa ŋu nyuie hã la, mete ŋu tsia tre ɖe eƒe ŋukeklẽ ƒe didi ŋu o eye wòɖua nu fiƒode mawo ale gbegbe be wòwua eɖokui blewu gake kakaɖedzitɔe, eye wòwua eɖokui kaba akpa to... kansa alo dzidɔ. Eyata nukpɔsusu siawo kaka ɖe agbalẽwo me ko mesɔ gbɔ o; ehiã be woaƒo dukɔa ƒe ŋutinu nyuiwo nu ƒu be woate ŋu ahe tɔtrɔ vevi siwo ŋu wowɔ ɖoɖo ɖo vɛ le ameawo ƒe nunyiame ƒe nɔnɔmewo me. Ele be woawɔ afɔɖeɖe veviwo atsɔ axe mɔ ɖe nunyiame siwo le eme ƒe gbegblẽ vivivi nu eye woade nuɖuɖu ƒuƒu kple esiwo ŋu ɖiƒoƒo mele o ɖuɖu ƒe dzi ƒo. Taɖodzinu mamlɛtɔ si le nuɖuɖu ƒomevi ɖesiaɖe ŋue nye nuɖuɖu ƒuƒu, ne gɔmesese bu le nya "nuɖuɖu" ŋu eye wòxɔ teƒe na nyagbɔgblɔ DZƆDZƆME NUÐUÐU alo NU GBÃTƆ GBÃTƆWO NA AMEGBETƆ ƑE DƆWƆƑE.

Ele Be Vitamin Kple Tomenu Siwo Wowɔ Zazã Nanye

Wotɔ te

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Nunyiame siwo le dzɔdzɔmenuɖuɖuwo me ƒe agbɔsɔsɔ si sɔ la toa vovo ŋutɔ, le gɔmesesea nu be ne wotsɔe sɔ kple nu ɖeka ƒe miligram ɖeka la, nu evelia ƒe miligram akpe ɖeka kple akpa etɔ̃lia ƒe miligram miliɔn ɖeka ate ŋu anɔ anyi. Gake nusi le eme si ƒe kpekpeme nye miligram ɖeka ƒe akpa miliɔn ɖeka le vevie na amegbetɔ ƒe dɔwɔƒea abe alesi wòle vevie na esi ƒe kpekpeme nye miligram ɖeka ene. Fifia, le nuɖaɣi la, nu mawo tututu siwo li le dzesi suesuesuewo me koe wogblẽna le gɔmedzedzea me.

Ame aɖe ate ŋu abia eɖokui be nukatae ne wotsɔ nu xoxo siwo gblẽ alea la, amegbetɔ ƒe dɔwɔƒea medzudzɔa dɔwɔwɔ zi ɖeka abe alesi dɔwɔƒe dzro aɖe awɔe ene o, ke boŋ eyia eƒe dɔwɔwɔ dzi ɣeyiɣi didi aɖe ŋutɔ, si wɔnɛ be amewo ƒoa nya ta vodadatɔe be nusianu si aɖi kɔ na woƒe nuɖuɖu nye nunyiame .

Nya la ƒe nyateƒenyenyee nye be amegbetɔ ƒe ŋutilã menye ame tsɛ o dɔwɔƒe. Enye xexe gã aɖe si me ame miliɔn geɖe le, dɔwɔƒe manyaxlẽwo, habɔbɔ vovovowo, ɖoɖowo, fiasewo, nudzraɖoƒewo, kple bubuawo le. Ne nunyiame aɖeke mesu esi kura o hã la, ate ŋu anɔ agbe ŋkeke 70 alo esi wu nenema gɔ̃ hã to eƒe nudzraɖoƒe siwo wodzra ɖo la yɔyɔ be woazã me.

Ne nunyiameawo ge ɖe nugbagbevi la me vɔ la, wotoa ʊu me maana ɖe amegbetɔ ƒe ŋutilã katã me eye lãmenugbagbeviawo dometɔ ɖesiaɖe xɔa nusiwo sɔ ɖe eƒe wɔwɔme kple eƒe nɔnɔme tɔxɛ nu. Gake lãkusiwo ƒe lãmenugbagbeviwo kple ŋutinuwo mexɔa naneke tso nu ʊɛ siwo gblẽ siwo le nuɖuɖu siwo woɖa me le nuɖuɖu ƒomevi suesuesue siwo woate ŋu axlẽ le ame ƒe asibidɛwo dzi me o. Woyia edzi nɔa lalam, le dɔwuame kple hiãkame me, vaseɖe esime woƒe aƒetɔ nate ŋu akeke eƒe asibidɛwo ɖe enu be wòakpe ɖe ye ɖokui ŋu aɖo sabala, amagbe dama alo atikutsetse kakɛ aɖe gbɔ.

Amegbetɔ mesea lãmenugbagbevi ɖekaɖekawo ƒe dɔwuame o elabena togbɔ be dɔ le lãmekawo kple lãmenugbagbevi siwo me lãmenugbagbeviwo le ŋu vevie hã la, eƒe dɔgbo yɔ, eƒe numamea dze eŋu, eya ŋutɔ hã ƒe dzi dze eme. Gake nusiwo gakpɔa dzidzɔ wue nye lãmenugbagbevi siwo ŋu viɖe aɖeke mele o, siwo mewɔa dɔ o, siwo ɖua "xɔtunu siwo da sɔ bliboe" siwo sɔ l

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na woƒe wɔwɔmewo eye "woado ŋusẽ kple ŋusẽ" ŋutilãa to eƒe akpa gãtɔ dzi ɖeɖe kpɔtɔ me.

Esia tae esi lãmenugbagbevi siwo mehiã o, siwo ŋu viɖe aɖeke mele o ƒe kpekpeme nye kilogram 50-60 ta la, lãmenugbagbevi siwo le dɔ wɔm, siwo le etɔxɛe, siwo dzi eƒe lãkusi ɖeka alo bubu ate ŋu awɔ dɔ edziedzi, gram alafa ʋɛ aɖewo mele amesi woyɔna be lãmesẽ me tɔ, si ƒe lãme sẽ eye ŋusẽ le eŋu o eye wowɔa nusiwo ŋu vodada aɖeke mele o. Zi alesi womexɔ lãmenugbagbevi siwo le dɔ wɔm ƒe susɔe mamlɛawo le lãkusiwo kple ŋutinuwo si o ko la, ŋutsu te ŋu hea eƒe anyinɔnɔ le mɔ aɖe nu; gake ne wova zã wo mlɔeba la, ku va zua nusi womate ŋu aƒo asa na o. Emegbe ame si "ɖi ƒo," "si sesẽ" eye "ŋusẽ le eŋu" la kuna to dɔ wu eƒe lãkusiwo kple ŋutinuwo me. Le kpɔɖeŋu me, ŋusẽ kple teteɖeanyi si hiã be dzitodzito me lãmenugbagbeviwo nate ŋu awɔ ʋuʋudedi si sɔ la meganɔa wo ŋu o. Emegbe dzia dzea agbagba be yeaɖe nɔnɔmea to eƒe lãmenugbagbeviwo ƒe xexlẽme dzi ɖeɖe kpɔtɔ me, si wɔe be wòlona ɖe edzi kple lãmenugbagbevi siwo wowɔ tso lãwo ƒe protein kple abolo ɣi me. - Gake esia meɖea vi aɖeke o, elabena ŋutete mele lãmenugbagbevi siawo si be woawɔ dɔ nyui aɖeke o eye mexɔa ɣeyiɣi didi hafi ŋutinua dzudzɔa ƒoƒo kura o.

Míenya kakaɖedzitɔe o, alesi gbegbe ame vovovo siwo le eme yia gbɔe o lu ƒe nuku alo amagbe bubu ɖesiaɖe wɔwɔ. Mina míatsɔ xexlẽme si wosusu, si wosusu, ne míagblɔ be 10,000. Ekema ele be míato dzɔdzɔmese vevitɔwo kekeake dzi asusui be nu vovovo 10,000 ye nye nusiwo wotsɔ wɔa nu xoxo siwo hiã na amegbetɔ ƒe dɔwɔƒea, eye le nu mawo nana me la, ele vevie be míakpɔ nyuie ŋutɔ be nusiwo wotsɔ wɔa nuawo dometɔ ɖeka alo bubu ya menye nenema o tsi aƒe.

Esiae nye ɖoɖo si le dzɔdzɔme nu wu ɖesiaɖe si dzi woato akpɔ egbɔ be amegbetɔ ƒe dɔwɔƒea le dɔ wɔm nyuie.

Azɔ mina míakpɔ alesi topsy-turvy nuɖuɖu sia si woɖa-nuɖuɖu ƒexɔxɔ nye. Ŋutsuwo tsɔa nu vevi mawo tsɔtsrɔ̃ le agbɔsɔsɔ gã me eye wotsɔa woƒe akpa vovovo ʋɛ aɖewo ko nyia woƒe ŋutilã.

Le ƒe geɖe ƒe numekuku vevie megbe la, nugbagbeŋutinunyalawo kpɔe be nu ƒomevi 1015 koe le cheese, bɔta, aklã alo ahɔhɔ̃ me. Ame aɖe akpɔ mɔ be woaʋu eme be le yewoƒe dɔ sesẽ wɔwɔ ta la, yewokpɔe be nuɖuɖu mawo tɔgbe kple-nu mawo tɔgbe nye 10-15 ko

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nu ƒomevi siwo gblẽ, siwo meda sɔ o, siwo me aɖi le, esiwo gblẽ kple esiwo ku, kple nusiwo le míaƒe nu xoxowo me tɔ, ƒomevi 9990 meli o eye, le esia ta, nuɖuɖu mawo mehiã o, wogblẽa nu le wo ŋu eye afɔku le wo me ale gbegbe be mele be wo zazã abe nunyiame ene nanɔ nenema o si ame sia ame kafu. Gake ɖe ema teƒe la, wogblɔa nusiwo katã ŋu woke ɖo le nuɖuɖu mawo me ƒe ŋkɔ ɖekaɖeka, woɖɔa woƒe dɔwɔwɔ le nunyiame me tsitotsito eye ne woxlẽ woƒe nɔnɔmewo vɔ la, wokafua wo be wonye nunyiame siwo "ɖea vi." Womeyɔ nya ɖeka pɛ hã tso nunyiame akpe geɖe siwo me nunyiame le ƒe anyimanɔmanɔ ŋu o, eye womeƒoa nu tso akpa si wowɔna le nunyiame me alo nu gbegblẽ siwo dona tso eme si kplɔa woƒe anyimanɔmanɔ ɖo ɣesiaɣi hã ŋu o.

Ke hã, nu siawo ŋu bubu nye nyabiasea ƒe akpa vevi aɖewo ŋutɔ.

Ele be wòanɔ susu me na mí be raw ƒe dɔwɔwɔwo to vovo nenema gbegbe nuɖuɖu siwo le nugbagbevi la me si ne to nukunu aɖe dzi amegbetɔ va nya wo katã gɔ̃ hã la, agbemeŋkekewo katã masɔ gbɔ na wo ɖɔɖɔ dzro ko o. Ele be míabu nyateƒe si wònye be nunyiame ƒe akpa aɖeke mate ŋu awɔ eƒe taɖodzinu ŋutɔŋutɔ ŋudɔ ne wozãe ɖe eɖokui ɖe aga, ne woɖee ɖa le bliboa ŋu o la be enye nunyiame ƒe se veviwo dometɔ ɖeka.

Ne ame aɖe he susu yi dzɔdzɔmeŋutinunyala xɔŋkɔtɔ kekeake gɔ̃ hã dzi be ele vitamin aɖeke ƒe dzesi aɖeke mele abolo ɣi si wòɖuna me o, eɖoa eŋu nɛ, heheɖemegbe suetɔ kekeake manɔmee, be yeɖua nuɖuɖu siwo me vitamin le hã Ne esɔ nenema ke la, anyikpewɔla ate ŋu atsɔ eƒe anyikpewo aɖo anyi ŋkeke bliboa katã eye wòakɔ eƒe gli ɖe dzi aŋɔ aɖeke manɔmee, eye emegbe ʊlia nya be ɣeyiɣi aɖewo li siwo me wòzãa aŋɔ, hã. Aleae ŋkumaʊumaʊu si tsoa nuɖuɖu ƒe numame gbɔe.

Nukae nye abolo ɣi ne menye starch, sukli, ami, protein kple dze kuku ƒomevi geɖe o — ne míagblɔe bubui la, nu 10,000 siwo wɔ míaƒe nu xoxoawo dometɔ ʊɛ aɖewo ƒe aŋɔ siwo me agbe mele o koe? Nukae nye sukli si ŋu wokɔ ne menye sukli 10,000 siwo le etame dometɔ ɖeka o? Nukae nye lã ne menye protein siwo me aɖi le kple nu ʊɛ aɖewo siwo gblẽ ƒe dzesiwo o? Ke hã amegbetɔ tsɔa nu ʊɛ siawo yɔa eƒe dɔgbo me vaseɖe eƒe go kemɛ dzi eye wònaa nunyiame akpe geɖe siwo le vevie ŋutɔŋutɔ la meganɔa eƒe ŋutinuwo ŋu o. Le dɔléle siwo dona tso eme siwo dona le eƒe ŋutinuwo me gome la, ame ate ŋu adzɔ

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susu aɖewo to kɔdziwo yiyi alo nɔnɔmetata siwo le atikewɔwɔ ŋuti nusrɔ̃gbalẽwo me me dzodzro me. Aleke woate ŋu ahe nɔnɔmetɔtrɔ, abi kple abi dziŋɔ mawo vɛ, ne menye to nunyiame siwo de ŋgɔ wu ƒe anyimanɔmanɔ me o hã?

Togbɔ be vaseɖe fifia la, nunyiame akpe geɖeawo dometɔ ƒomevi 40-50 koe dzɔdzɔmeŋutinunyalawo ke ɖo hã la, wozã atikewɔwɔ ŋuti gbalẽwo ƒe akpa gã aɖe tsɔ ɖɔ nusiwo nu mawo wɔna, siwo hã nye atikewɔwɔ ƒe dɔwɔna bubu geɖe ƒe gɔmeɖoanyi. Gakpe ɖe eŋu la, asitsaƒewo ƒe ɖɔ gã aɖe kaka ɖe xexeame ƒe didime kple kekeme katã hena nu mawo wɔwɔ kple wo mama.

Míate ŋu akpɔ alesi nɔnɔmea anye ne, le esi teƒe be numekulawo nakpɔ dzidzedze gbeɖeka le nu 400 alo 500 didi me, eye míagagblɔ nu ƒomevi 4,000 alo 5,000 ŋu nya o. Edze abe egbegbe ŋutsua ƒe ŋku bu nusiwo wotsɔ wɔa nu ŋutɔŋutɔ siwo hiã na eƒe ŋutilã ƒe fɔmaɖimaɖi ŋu ene; alo womele esi enumake o alo ekpɔe be manya wɔ be yeaxɔ wo o. Eyata ele be wòalé ŋku ɖe dzogoe ɖesiaɖe ŋu akpɔ wo ɖekaɖeka be wòakpɔ eƒe nugbagbevi ƒe nuhiahiãwo gbɔ. Dzɔdzɔmeŋutinunyalawo bua nusiwo ƒe wɔwɔme wonya eye wota wo ɖe agbalẽwo me ko be wonye dzɔdzɔmeŋutinunya tɔ. Esi wònye be womenya nu tso lu ƒe akpa aɖe ƒe wɔwɔme blibowo ŋu o ta la, womekpɔa dzɔdzɔmeŋutinunya ƒe naneke le eme o. Enye nusi "bɔ" si woate ŋu akpɔ bɔbɔe, ebɔ ɖe afisiafi eye amesiame nyae. Gake eto vovo kura ne wokpɔ dzidzedze le nunyiame yeye aɖe si me nunyiame le la didi me eye wokpɔ eƒe mɔli. Emegbe eva zua dzɔdzɔmeŋutinunya; wokafua nusi ŋu woke ɖo be enye aʋadziɖuɖu gã aɖe le atikewɔwɔ me eye nusi gavloe wue nye be ena dzonɔameme kple dzonɔameme yeyewo va dɔwɔƒewo, atikedzraƒewo kple atikewɔƒewo. Eye esia katã le esi amegbetɔ medi be yeaɖe asi le yeƒe abolo ɣia ŋu o ta.

Aleke kee wòɖale o, ele be amewo nalɔ̃ ɖe edzi mlɔeba be mɔ ɖeka kolia si dzi woato aɖe dɔléle ɖae nye gbã be woaɖo seɖoƒe na míaƒe nunyiame siwo le eme la tsɔtsrɔ̃ le agbɔsɔsɔ gã me keŋkeŋ.

Be woawɔ esia la, ele be dɔwɔha siwo kpɔa wo dzi nawɔ dutoƒonuƒoƒo vevie eye ele be woawɔ afɔɖeɖe vevie atsɔ axe mɔ ɖe ame gbogbowo tsɔtsrɔ̃ nu

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nunyiame siwo le eme. Ele be woakpɔ nuɖuɖu ƒomevi yeyewo tso nuɖuɖu ƒuƒu siwo wotsaka me eye woakafu wo na dukɔa, amesiwo ƒe nunyiame ƒe nɔnɔmewo ava trɔ vivivi emegbe. Esia awɔe be woaɖe dɔléle siwo le fu ɖem na ameƒomea fifia la ɖa vivivi eye ganyawo ƒe agbɔsɔsɔ gã aɖe agblẽ nu le míaƒe agbenɔnɔ ƒe asixɔxɔ ŋu.

Hafi míava zu abolo ɖulawo la, míaƒe ƒomea ɖua abolo kilogram ɖeka gbesiagbe, evɔ fifia lu kilogram ɖeka nɔa anyi na mí tso ŋkeke enyi va ɖo ewo. Le abolo ɣi ƒe nuɖuɖu me la, ele be maku ɣeyiɣi didi aɖee nye sia hafi, gake le lu si naa agbe si megale agbe ta, eye mesena le ɖokuinye me be maka ɖe edzi be maganɔ agbe ƒe 40-50 ya teti.

Nusiwo Wotsɔ Sɔ Kple Wo Nɔewo Ƒe Lãmesẽ Le Nuɖuɖu Siwo Me Mekɔ O Kple... Đevi Siwo Woɖae Nye Mɔ Nyuitɔ Kekeake Si Dzi Woato Aɖo Kpe Nuveviwɔame si Nuɖuɖu Siwo Woɖa Đuɖu Hehenae Dzi

Ele be woaxɔ gɔmeɖoseawo gbã le ŋkeke ɖeka ƒe vidzikpɔƒewo, ɖeviwo ƒe aƒewo, kɔdziwo kple nuɖuɖudzraƒewo, eye emegbe ele be woana woaxɔ ŋkɔ to dutoƒonuƒoƒo le dukɔmeviwo katã dome me. Esi nyateƒenya siwo me kɔ eye womate ŋu ake ɖi o abe alesi megblɔe ene ta la, ele be míakpɔ mɔ be dzɔdzɔmeŋutinunyala siwo ƒe ŋkuwo me kɔ la adze dɔ gɔme zi ɖeka. Gake ne wodi be kpeɖodzi ŋutɔŋutɔ bubuwo nanɔ yewo si la, medoa dodokpɔ si gbɔna ƒe susu ɖa. Mina woama vidzĩ siwo le ɖeviawo ƒe aƒewo dometɔ ɖeka me ɖe hatsotso eve siwo sɔ me, eye ele be woatsɔ atikewɔwɔmɔnu siwo li fifia ana nuɖuɖu wo dometɔ ɖeka, eye woatsɔ nuɖuɖu ƒuƒu ƒe gɔmeɖosewo ahe evelia. Ekema mina woatsɔ ƒuƒoƒo eveawo ƒe lãmesẽ asɔ kple wo nɔewo. Nyemeke ɖi kura be tso gɔmedzedzea me ke la, eme kɔ na xexeame katã be nuɖoanyi eveawo dometɔ kae), si nye nunyiame si nye dzɔdzɔmeŋutinunya kple amegbetɔ ƒe kpekpeɖeŋunadɔ vavã. Woate ŋu akpɔ nu ma ke ne wotrɔ asi le mɔnua ŋu be woatsɔ ada kɔdzidɔnɔwo.

Ame geɖe siwo ƒe susu le bɔbɔe ate ŋu atsi tre ɖe dodokpɔa ŋu le esi wònye nuvɔ̃ alo nuveviwɔame be woawɔ "dodokpɔ" mawo ɖe ɖeviwo ŋu ta. Gake ne ame mawo bu tame deto vie la, woakpɔe be menye dodokpɔ aɖee wònye be woakpɔ ɖevi ƒe agbe kple lãmesẽ ta to nunyiame dzadzɛ siwo woɖo be woaƒo ƒu bliboe la nanae me o

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le dzɔdzɔme nu na amegbetɔ ƒe nugbagbevi. Dodokpɔ ŋutɔŋutɔwoe nye dodokpɔ mawo siwo me amegbetɔ ƒe nɔnɔme mele o siwo wowɔna le dzɔdzɔmeŋutinunya ƒe atsyɔ̃ɖoɖo te kple nusiwo wowɔ ƒomevi ʋɛ aɖewo siwo womenya tututu le nudokpɔƒea haɖe o, siwo wɔe be ɖevi miliɔn geɖe dzona le agbe me le woƒe vidzĩme, si na wo dzilawo ƒe dzi gbã avifafa. Dodokpɔwo nye dɔwɔwɔ mawo siwo tsɔa nuɖuɖu kple aɖi 1,001 siwo gblẽ la ƒoa fefe ɖe ameawo ƒe lãmesẽ ŋu eye wohea dɔléle yeyewo vɛ. Wotsɔa ŋkɔ na dɔléle siawo fewuɖutɔe be dekɔnuwo ƒe dɔlélewo, ŋukpe suetɔ kekeake manɔmee le "dekɔnu" ma tɔgbe ta eye womeɖenɛ fiana be woate ŋu ayɔ nɔnɔme siwo dzi dɔléle mawo tɔgbe be manyamanya, ŋutasẽnuwɔwɔ alo amedzrowɔwɔ, gake menye dekɔnuwo gbeɖe o.

Ele be Dzɔdzɔmeŋutinunya Dɔwɔƒewo Kple Dukɔa ƒe Dɔwɔha Siwo Kpɔa Dɔa Dzi Nawɔe Dzro Kuxi Si Le Nuɖuɖu Siwo Me Womezãna Le O Me Megakpɔa Nu Geɖe O Me

Hehe ɖe megbe

Medo mɔnu aɖe si me kɔ eye le ɣeyiɣi ma ke me la, enye mɔnu si le bɔbɔe ŋutɔ eye wòle dzɔdzɔme nu si dzi woato aɖe ameƒomea tso dɔléle ɖesiaɖe si le anyigba dzi me la ɖa. Esia nye nya vevi aɖe ŋutɔ si ŋu wòle be dzɔdzɔmeŋutinunyalawo, ɖɔktawo, nunyalawo kple dziɖuɖudɔwɔƒe siwo kpɔa agbanɔamedziwo katã nalé ŋku ɖo enumake. Ele be woaɖo kpe edzi le dutoƒo be nye nukpɔsusuwo mesɔ o eye woatsɔ dodokpɔ veviwo agbe wo, alo woaɖo kpe woƒe nyateƒenyenye dzi ahaɖe afɔ siwo hiã be woatsɔ wo ade dɔwɔwɔ me. Vevietɔ ne ɖɔktawo ɖe ɖekematsɔleme alo ɖoɖoezizi aɖe fia la, amehawo katã ate ŋu abui be enye nya si dze ƒã be womelɔ̃ be yewoaxe mɔ ɖe dɔlélewo nu o, ale be womaɖe woƒe agble alo dɔwɔwɔ dzi akpɔtɔ o. Nye ŋutɔ nyemexɔe se be esia nye nyateƒe le goawo katã me o, elabena amegbetɔ ʋɛ aɖewo koe ate ŋu anye nublanuimakpɔmakpɔ alea gbegbe; gake ele be ɖɔktawo naɖo kpe edzi nyuie be taɖodzinu si kɔ wu eye bubu le yewo si wu gakpɔkpɔ, eye be le nyateƒe me la, yewoƒe taɖodzinue nye subɔsubɔ na dzɔdzɔmeŋutinunya, subɔsubɔ na ameƒomea.

Ðɔkta bubume, dutoƒonuwɔnawo kple ɖokuitɔmadilawo ɖoa woƒe taɖodzinu si dim wole la gbɔ to lɔlɔ̃ ɖe nuɖuɖu ƒuƒu dzi me, evɔ ɖɔkta siwo mebua amegbetɔwo o, ɖokuitɔdilawo kple ŋuklẽlawo ya kpɔa yewo ŋutɔ yewoƒe nubuname le eme. Ðeko alesi wogblɔ be esesẽna be woatrɔ kɔnyinyi siwo ƒo ke ɖe to ɖe eme la ate ŋu anye taflatsedodo sue aɖe kɔ

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tsyɔ nu ame vɔ̃ɖiwo ƒe ɖokuitɔdidi si metsɔ ɖeke le eme o dzi. Nuɖuɖu ƒuƒu si ŋu woke ɖoe nye mɔnukpɔkpɔ nyuitɔ kekeake si woatsɔ ade vovototo ame ŋkutawo kple ame mabumabuwo dome, ame nyuiwo kple ame vɔ̃ɖiwo, nunyalawo kple nunyalawo dome.

Dɔ aɖeke meli si ŋu asixɔxɔ gã le le amegbetɔ ƒe kpekpeɖeŋunana me wu nuɖuɖu ƒuƒu kaka o. Ehiã be woanyɔ ameƒomea katã tso eƒe alɔ̃dɔdɔ ƒe alafa geɖe me, aʋu ŋku, aʋuʋui tso eƒe kuviawɔwɔ me eye wòaɖee tso eƒe drɔ̃e baɖa si wòku fifia la me. Ele be kesinɔtɔwo natsɔ woƒe ga ana dɔ sia; nunyalawo ƒe ahɔhɔ̃. Ele vevie be woaɖo habɔbɔwo, aɖo habɔbɔwo, ata nyadzɔdzɔgbalẽwo eye woata agbalẽwo.

Gawu la, ehiã be woatu dɔnɔdzikpɔƒe gã siwo me ɖiɖiɖeme, modzakaɖeɖe kple kamedefefe ƒe nuzazãwo katã le, eye to ɣleti ʋɛ aɖewo ƒe "gaxɔmenɔnɔ" dzi be woada gbe le ame ŋu, be woagbugbɔ awɔ ɖekakpui, be woaɖe wo ɖokui ɖa tso nazãbubu siwo gblẽa nu me, eye woakpe ɖe ame mawo ŋu ahana kekeli naɖo wo ŋu amesiwo si nyatakaka kple lɔlɔ̃nu faa ƒe ŋusẽ si hiã mele o. Viɖe le eŋu eye wòdzroa ame geɖe wu be míazã ga kple ŋusẽ ɖe taɖodzinu sia ŋu wu xɔ siwo ŋu viɖe aɖeke mele o siwo míehiã o abe sɔlemexɔwo alo sukuwo kple kɔdziwo ene tutu. Nuɖuɖu ƒuƒu nye kpe si dzi míato akpɔe ɖa be nunyala si si ʋɔnudɔdrɔ̃ faa eye mɔxenu aɖeke mele o le ŋutɔŋutɔ, alo ame si tsɔ ɖe le dukɔa ƒe lãmesẽ kple nyonyo me vavã. Sika ŋɔŋlɔdzesiwo mee ŋutinya aŋlɔ ame mawo ƒe ŋkɔwo le.

Menye Nuvɔ̃ Menye Be Woagblɔ Nyateƒea o

Ame aɖewo tsoa nunye be aɖe ɖaɖɛ le asinye. Ne meyɔ nuɖalawo be amewulawo, filicides kple nuvlowɔlawo la, menye nutsotso aɖekee mele ewɔm o; Nyateƒea koe mele gbɔgblɔm, togbɔ be nyateƒe ma veve hã.
Ne vidada tsɔ eya ŋutɔ ƒe asi siwo ŋuɖɔɖɔdo le tsɔ nuɖuɖu dzodzoe yɔ via lɔlɔ̃a ƒe nu me la, egblẽa nu le via ƒe ŋutinuwo ŋu eye wòkplɔnɛ yia dɔléle kple ku me. Ne ɖɔkta dzra nuɖuɖu si me "nunyiame le" eye "woate ŋu aɖu bɔbɔe" ɖo na ɖevi suewo eye...

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ŋlɔa vitamin siwo wowɔ kple asi ƒe atikekuiwo na ame le amagbewo kple atikutsetsewo ƒe asixɔxɔ ta la, ewɔa nuvɔ̃ si lolo wu.

Gbesiagbe la, meléa ŋku dɇ alesi, to dzɔgbese ƒe nukokoedonamenya wɔnuku aɖe dzi la, gbɔdzɔgbɔdzɔtɔwo kple dɔnɔwo bua nu mawo tututu siwo gbɔ woƒe dɔlélewo tso be wonye atike, eye woɖua wo ŋukeklẽtɔe, evɔ, to vovo na ema la, woƒoa asa na wo ɖeɖeko kple vɔvɔ̃ nusiwo (amagbe kple atikutsetse ƒuƒu) siwo ate ŋu ana woanɔ lãmesẽ me, le esi wobua wo be woawo gbɔe woƒe fukpekpewo tso ta ko. Nukpɔsusu totro sia si wua ame ta koe wotsɔa ame miliɔn geɖe ƒe agbe sa vɔe. Ame si ge ɖe nublanuinya la ƒe gogloƒe blibo la mate ŋu anɔ anyi fafɛ ahatsɔ ɖeke le eme gbeɖe o.

Se ƒe Mɔxenu Aɖeke Meli Si Tsi Tre Ðe Tsɔtsrɔ̃ Ŋu Le... Nu Gbãtɔ Siwo Woɖo Na Amegbetɔ ƒe Dɔwɔƒea

Ne nɔnɔme madeamedzi sue aɖe va dze le alesi wòda sɔ nyuie le... nu xoxo siwo wotsɔ na nuto aɖe ƒe dɔwɔƒewo la, wotsoa amesiwo gbɔ wòtso nu be wowɔ ɖekematsɔlemetɔe eye wotsɔa wo yia ʊɔnui, evɔ zi geɖe la, amesiwo wɔa ahasi vɔ̃ɖitɔ kekeake le nu xoxo siwo hiã na amegbetɔ ƒe dɔwɔƒea ƒe dɔwɔwɔ nyuie me ya yia scot-free. Le ƒe alafa si me dzɔdzɔmeŋutinunya ƒe ŋgɔyiyi le fifia me la, gome blibo le ame si menya naneke o kple bometsitsitɔ kekeake si be wòadi mɔnu yeye siwo dzi woato agblẽ dzɔdzɔmenuɖuɖu siwo gblẽ, eye wòato nuɖuɖu siwo nye fefenya wu vɛ ahatsɔ wo ana woadzra. Gake nusi wɔ nuku ŋutɔe nye nyateƒe si wònye be dzɔdzɔmeŋutinunyala gã, lãmenugbagbeviwo ŋuti nunyala gã, si tsɔ eƒe agbe na be yeasrɔ̃ nu tso lãmenugbagbevi gbagbewo ƒe dɔlékuiwo ƒe dɔwɔwɔ ŋu, alo nuɖuɖuŋutinunyala, amesi ƒe taɖodzinu vevitɔ le eƒe agbe me enye dɔwɔwɔ tso lãmenugbagbevi gbagbewo me nuɖuɖu si sɔ na amegbetɔ, ƒlea nu gbegblẽ mawo ƒe ƒuƒoƒo aɖe eye wòtsɔa wo naa eƒe lãmenugbagbeviwo, kple ɖekematsɔleme kple ŋumaɖɔɖo blibo, si eƒe aɖu ɖeɖeko fiaa

Ne míekpɔe gbã la, edze abe ɖe míate ŋu avo tso eme o ene dɔlélewo katã to nuɖuɖu ƒuƒu dzi. Gake nyagbɔgblɔa ƒe gãnyenye le nyateƒe si wònye be "nusi dzi womate ŋu axɔ ase o" va zua nu ŋutɔŋutɔ si wowɔ bɔbɔe la me. Mele be woabu alesi wòsesẽna be woaɖe asi le nuɖuɖu ƒe numame ŋu be enye mɔxenu na nukpɔsusu si nye be...

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nuɖuɖu ƒuƒu; ke boŋ ele be wòanye dzidzenu si dzi woato adzidze futɔa ƒe ŋusẽ na ameƒomea eye wòaʋã mí be míadze agbagba ɖesiaɖe axe mɔ na lã wɔadã dziŋɔ sia tɔgbe ƒe gege ɖe ɖevi si wodzi yeyee ƒe nugbagbe me. Ele be ame mawo siwo esesẽna na wo be woawo ŋutɔwo naɖe asi le nuɖuɖu siwo woɖa ŋu, eye wogakpɔtɔ le woƒe numame gbegblẽawo me gɔ̃ hã naɖo kpe nyateƒea dzi, eye le dzidzime si le dodom kple ameƒomea ƒe etsɔme ta la, ele be woaʋli nyateƒe ma ƒe aʋadziɖuɖu ta to gbeƒãɖeɖe me kple gɔmeɖose siwo ku ɖe nuɖuɖu ƒuƒu kple to mɔnu bubu siwo katã li dzi me ɖeɖe.

Nyateƒee, na ame mawo siwo ƒe susu le kpuie eye wotsi megbe amesiwo ƒe akpaɖekedzimademade si womate ŋu atrɔ o tsɔ da asi ɖe nuɖuɖu siwo woɖa kple atikewo dzi la, nuɖuɖu ƒuƒu ƒe gɔmeɖosewo de ŋgɔ akpa, gake egbea míele Xexeame ƒe Ɣeyiɣia me, ke menye le Titinaɣeyiɣiwo me o, esime woti nukpɔsusu ɖesiaɖe si yi ŋgɔ alo nutovɛ gã ɖesiaɖe yome ƒe geɖe to ameha si menya naneke o Egbea la, ameƒomea ƒe agbetsitsi alo tsɔtsrɔ̃ ƒe nyae wotsɔ ɖo mía ŋkume. Heheɖemegbe nye nusi me amegbetɔ ƒe nɔnɔme mele o.

Nuɖuɖu Kpuie Naa Viɖe Gãwo Le Wo Ŋu Le Dutoƒo Ganyawo Kple Edoa Agbenɔnɔ ƒe Dzidzenu Ðe Dzi Geɖe Ɣeyiɣiwo

Nunyiame agbɔsɔsɔme si womate ŋu axɔ ase o tsrɔ̃na le dzoa dzi eye... to lãgbalẽɖeɖe, eŋu kɔklɔ kple eŋudɔwɔwɔ ƒomevi gbogboawo me. Abe kpɔɖeŋu ene la, woate ŋu agblɔ be nunyiame le lu si mie gram 100 me wu abolo ɣi si wokpɔna tso lu kilogram ɖeka me.

Nenema kee wòle le bli, bli, amagbewo kple atikutsetse ƒomevi bubuawo katã hã gome. Ne míeɖe asi le lãwo ƒe nuɖuɖuwo katã ŋu egbea la, amagbe siwo wowɔ le xexeame ate ŋu aɖu nu le wo ɖokui si wu xexeame ƒe agbɔsɔsɔ si li fifia ƒe teƒe geɖe, nenye be woɖu wo le nɔnɔme ƒuƒu me ko. Gɔmesese ŋutɔŋutɔ si le nuɖuɖu ƒuƒu ŋu ava gɔmesese geɖe wu, ne míebu dɔsesẽwɔwɔ, ɣeyiɣi kple ga si amewo gblẽna le nunyiame mawo tsɔtsrɔ̃ me ŋu, eye emegbe míebu wo katã ŋu

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atikewɔwɔ ŋuti gazazã siwo lãmesẽnyawo gbɔ kpɔƒe vovovoawo kple amehawo siaa zã kple mɔkpɔkpɔ be yewoaɖe gbegblẽ si nunyiame mawo ke tsɔtsrɔ̃ ɖa le míaƒe ŋutinuwo ŋu la ɖa. Mele klalo be matsɔ kpeɖodzi ŋutɔŋutɔwo aɖe nye nyawo ƒe nyateƒenyenye afia amesiame si adi be yeanya nu geɖe tso nya sia ŋu. Ŋutinya matsɔ agbanɔamedzinɔla mawo siwo le ŋusẽnɔƒe siwo ɖea ɖekematsɔleme fiana le nya sia me eye wotua to na nyateƒenya siawo siwo le avi fam be yewoatsɔ aɖo kpe yewo ŋutɔ yewoƒe numamewo dzi gbeɖe o.

Susu eve koe ate ŋu anɔ anyi si ta wogbe be yewomalɔ̃ ɖe gɔmeɖose siwo ku ɖe nuɖuɖu ƒuƒu ŋu dzi o. Ele be woaɖe gbeƒãe be yewolɔ̃ be yewoaɖe mɔ ɖe dɔlélewo ƒe anyinɔnɔ ŋu tsɔ wu be yewoaxɔ nuɖuɖu siwo woɖa ƒe "vivisese" le ameƒomea si eye woaɖe asi le mɔnukpɔkpɔ si li be woatsɔ "dzɔdzɔmeŋutinunya me dzidzedzekpɔkpɔ" blibo siwo kplɔ wo nɔewo ɖo siwo wokpɔ le esia ta la ade dɔwɔwɔ me ƒe dɔ sesẽ wɔwɔ alo, to dodokpɔ vevi siwo medo ɖa ƒe wɔwɔ me la, ele be woaɖo kpe edzi be le esi teƒe be woaɖe amewo tso dɔlélewo me la, le nyateƒe me la, nuɖuɖu ƒuƒu gblẽa nu le wo ŋu wu. Woakpɔe be esia wɔwɔ manya wɔ kura o. Ekplɔe ɖo be mɔnu bubu aɖeke megali woawɔ wu be woaɖo ŋu ɖe woƒe nuŋububu gbãtɔ, si ƒe amemabumabu si gbɔ eme la dzena le amesiame ŋkume la ŋu o.

Eyata le ɖevi maɖifɔwo katã teƒe la, mele biabiam tso amesiwo katã tsi tre ɖe nuɖuɖu ƒuƒu ŋu la si be woatsɔ woƒe tsitretsiɖeŋunyawo aɖo nyadzɔdzɔŋlɔlawo ŋkume, ale be woate ŋu akpɔ woƒe ŋuɖoɖo si sɔ eye mɔnukpɔkpɔ nasu dukɔa ƒe nukpɔsusu si be wòaƒo nya ta siwo hiã eye wòagblɔ eƒe nya ʊɔnudrɔ̃nya mamlɛtɔ kple esi le dzɔdzɔe.

Ele Be Amesiame Nade Dzesi Raw Nyateƒetɔ Kple Nu Vevitɔ Nusiwo Wozãna le Eƒe Ŋutilã me

Ame ɖesiaɖe nye dadatɔ si si nusiwo sesẽ la dometɔ ɖeka le dɔwɔƒewo le xexeame eye eya ɖeka koe kpɔa dɔwɔƒe si wona la ƒe dɔwɔwɔ nyuie dzi. Eyata ehiã be wòanya dɔwɔƒe wɔnuku ma ƒe nu xoxo ŋutɔŋutɔ, si ŋu vodada aɖeke mele o, eye wònye nu vevi aɖe nyuie.

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Menye protein, ami, carbohydrates, vitamin, mineral kple calorie agbɔsɔsɔme siwo egbegbe nugbagbeŋutinunyalawo gblɔ le woƒe nusrɔ̃gbalẽ siwo ku ɖe nunyiame ŋu me lae afia nu xoxo mawo ƒe blibonyenye o. Eye manya wɔ hã be woanyae to nuɖuɖu siwo woɖa ƒe nuɖaɖa ŋuti nuŋlɔɖi didiwo dada ɖe wo nɔewo xa me o.

To ƒe miliɔn geɖe kple miliɔn geɖe me eye to akɔntabubu siwo sɔ pɛpɛpɛ wu me la, míaƒe dzɔdzɔme wɔnuku la ƒo nu vevi siwo hiã na amegbetɔ ƒe nugbagbevi la nu ƒu, eƒo wo nu ƒu ɖe ɖekawɔwɔ blibo kple agbɔsɔsɔ si hiã me, ena agbe wo eye wòƒo wo nu ƒu ɖe amagbewo me ŋutilã siwo le lãmenugbagbevi gbagbewo ƒe nɔnɔme me.

Nunyiame ƒe nya ɣaɣla bliboa le lãmenugbagbevi mawo ƒe kuku alo agbagbee me. Le nɔnɔme aɖeke me la, nusiwo me lãmenugbagbevi kukuwo le mate ŋu anye nusiwo woatsɔ awɔ amegbetɔ ƒe dɔwɔƒea o.

Mele be amegbetɔ nabu eƒe nuwo ƒe sɔsɔme ƒe seselelãme eye wòaƒo adegbe le eƒe nutovɛwo ŋu wu susu ƒe seɖoƒe o. Enye nyateƒe be le nunyiame ƒe akpa ɖekaɖekawo ŋuti numekuku me la, nugbagbeŋutinunyalawo tsɔ kuxi gã aɖe eye woke ɖe nu vevi geɖe ŋu, siwo dze na míaƒe ŋudzedzekpɔkpɔ bliboe. Gake ne wotsɔ amegbetɔ ƒe mɔ̃ɖaŋununya kple susu ƒe tsitsi fifia koe woate ŋu abu nusiwo katã wowɔ la be wololo. Dzɔdzɔmeŋutinunyala xɔŋkɔwo gɔ̃ hã, kple woƒe nusɔsrɔ̃wo katã kple nusiwo ŋu woke ɖo manyaxlẽwo, tsi tre ɖe dzɔdzɔme nunya kɔkɔtɔ kekeake ŋu la, gɔmesese aɖeke mele wo si wu vi si xɔ ƒe atɔ̃ o. Eyata gome mele wo si be woagblẽ nu xoxo siwo dzɔdzɔme tu ƒe ɖekawɔwɔ kple nuteƒewɔwɔ me eye woatsɔ woƒe ɖevime sidzedze suesuesuewo azi dukɔmeviwo dzi be enye dzɔdzɔmeŋutinunya deblibo o.

Ðikekemanɔmee la, le agbagbadzedze be woage ɖe nuɖuɖuwo ƒe nya ɣaɣlawo me me dzɔdzɔmeŋutinunyalawo ƒe taɖodzinu vevitɔe nye be yewoade dzesi nunyiame mawo katã siwo le vevie na amegbetɔ ƒe nugbagbevi, be yewoanya woƒe agbɔsɔsɔ si sɔ eye yewoatsɔ wo awɔ ɖekae. Ne míagblɔe bubui la, wodina be yewoatsɔ asi awɔ lu alo lãgbalẽgolo aɖe eye yewoana agbe nanɔ eme. Gake nusi amegbetɔ mete ŋu kpɔ le ƒe akpe geɖe ƒe dɔsesẽwɔwɔ madzudzɔmadzudzɔe megbe o la, dzɔdzɔme tsɔna naa mí femaxee egbea. Nukae míegadi? Ðe míetsɔa ɖikeke aɖewo ku ɖe nunya si le...

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xexeame katã alo ɖe lãɖuɖu ƒe numame υãa amegbetɔ be wòawɔ bometsinya siwo dzi womate ŋu axɔ ase o wua?

Susu mele eme wu eye afɔku le eme be míasususui be míehiã nu geɖe wu protein alo nunyiame bubu siwo le amagbewo ƒe ŋutilã me wu esiwo le amagbewo ƒe ŋutilã me. Ne protein υɛ aɖewo koe le mamlɛtɔa me la, ekema efia be míaƒe ŋutilã mehiã geɖe wu o, elabena agbɔsɔsɔ mawo tututue wotsɔ wɔ míaƒe nugbagbevi la hewɔe le ƒe alafa miliɔn geɖe me.

Ame aɖewo lɔ̃a nuƒoƒo atraɖii tso ŋutilã- .
xɔtunuwo. Ne lãwo ƒe protein "siwo da sɔ bliboe" kple "nuɖuɖu siwo me nunyiame le" ate ŋu ana dzidzime ɖesiaɖe ƒe kɔkɔme nadzi ɖe edzi milimeta ɖeka pɛ ko la, egbea amegbetɔ ƒe kɔkɔme adzi ɖe edzi meta geɖe xoxo.

Vitamin siwo wowɔ le agbɔsɔsɔ gã me mate ŋu anye nunyiame ƒe akpa aɖeke gbeɖe o le susu si dze ƒã ŋutɔ ta be zi geɖe ŋutɔ le aɖabaƒoƒo atɔ̃ me le woƒe gege ɖe amegbetɔ ƒe ŋutilã me megbe la, wodzudzɔa míaƒe nugbagbevi la ƒe dɔwɔwɔ kura; ne míagblɔe bubui la, wokplɔa mí yia ku me.

Enye nublanuinya le nukpɔkpɔ kpui aɖe me be woabu nuɖuɖu aɖe koŋ be enye vitamin aɖe koŋ alo nunyiame bubu aɖe tsoƒe.
Nusiwo katã le lãmenugbagbeviwo me la sɔ kple wo nɔewo kloe, gake woƒe dzɔdzɔme kple atike ƒe nɔnɔmewo to vovo le woƒe wɔwɔme kple molecule ƒe wɔwɔme ƒe vovototo ta. Eyata amesiame nya be atike ɖeka ma ke (carbon, hydrogen kple oxygen) ye le aha kple sukli me, gake woƒe amadede, vivi kple dzedzeme to vovo ŋutɔ. Wotsɔa xeviwo dea atɔ siwo me nuku alo nuku ƒomevi ɖeka le me eye zi geɖe la, gbe ƒomevi ɖeka koe woɖua aƒemelãwo. Ke hã nuwɔwɔ siawo kpɔa woƒe protein, ami, vitamin kple mineral bliboa tso nuɖuɖu ƒomevi ɖeka si wona wo la me.

Dɔlélewo dada to alakpa vitaminwo, dɔlékuiwutike siwo gblẽa nu kple aɖi vovovowo zazã me nye dodokpɔ siwo mɔkpɔkpɔ aɖeke mele o siwo me wotu ɖe nusi gbɔ wòtso kple susu veviwo dzi o, ke boŋ ɖe dzesiwo, nyatakaka siwo dzena eye wotsi tre ɖe wo nɔewo ŋu dzi.

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Vitamin si wowɔ kple asi aɖeke mate ŋu ana dzɔdzɔme vitamin siwo wotɔ dzoe le dzoa me la nada asɔ nukutɔe o; aɖi aɖeke mate ŋu aɖɔ ŋutinu kple lãkusi siwo gblẽ ƒe nugbagbeŋusẽ ƒe dɔwɔwɔ nyuie ɖo o; dɔlékuiwutike aɖeke mate ŋu axɔ ɖe dzɔdzɔme dɔlékuiwutike siwo gblẽ le nuɖaƒe teƒe o.

Lãwo daa woƒe abiwo to wo ƒoƒo me. Dɔlékuiwutikewo le woƒe tsiwo kple aɖuɖɔ me. Gake nɔnɔme mawo mele ŋutsu si ɖua nu ɖaɖa ƒe tsiwo me o. Nuɖula si ɖua nu ƒuƒu la xea mɔ na vuvɔ sesẽ ƒe afɔku to nusiwo dona le yagbɔgbɔ ƒe lãkusiwo me ƒe dɔwɔƒe dzi, evɔ nuɖula si ɖua nu ya yaa aɖuɖɔ kple aɖuɖɔ ƒe sisi, gake mete ŋu nɔa te ɖe afɔku ma ke nu kokoko o.

Nuɖaɖa-Nuɖuɖu Ƒe Ɣeyiɣi Nye Ɣeyiɣi Si Me Numamewo, . Aʋatsodzixɔsewo Kple Dɔlékuiwoe ɖua Dzi Wu

Aʋatsodzixɔse dzodzrowo ƒe ɖɔ si xaxa ƒo xlã egbegbe atikewɔwɔ. Wotu atikewɔwɔ ƒe dɔwɔna bliboa ɖe dzesiwo, nusiwo dzena, ameflunyawo kple nyatakaka siwo tsi tre ɖe wo nɔewo ŋu dzi, evɔ woɖi gɔmeɖose vevitɔ kple vevitɔ kekeake ɖe ŋkumaʋumaʋu me. Esiae nye nyateƒe si wònye be ADZRAÐOƑE ÐESIA ƑE DƆWƆWƆ NYATEƑE LE NU GBÃTƆ ƑE NU GBÃTƆ SIWO Mɔ̃ɖaŋudɔwɔla LA ÐO ÐE AME ƑE NUÐOÐO ƑE NUÐEÐEŊUTI ME. Le go sia me la, AMEGBETƆ ƑE DƆWƆƑE ƑE NU GBÃTƆWO NYEE NYEE AMAGBƆ ƑE LÃMEÐEÐE AGBEWO KEYE NU BUBU BUBUWO O.

Esi mɔ̃ɖaŋununya me dzidzedzekpɔkpɔ ʋɛ aɖewo mu ta la, egbegbe ŋutsua kpɔa eɖokui le susu me le dekɔnuwo ƒe taƒoƒo me, evɔ le nyateƒe me la, ehea drɔ̃e baɖa ƒe agbe si nye blematɔwo kekeake, si mele dzɔdzɔme nu o, eye wòdzi ŋɔ ŋutɔ. Le nyateƒe me la, le dunyahehe, ganyawo, agbenyuinɔnɔ kple lãmesẽnyawo me la, woɖua amegbetɔ ƒe susu kple seselelãmewo dzi eye numame nyɔŋuwo kple aʋatsodzixɔse dzodzrowoe fiaa mɔ eƒe nuwɔnawo. Esi ŋutsuwo ŋlɔ agbemekuxi vevitɔwo kple vevitɔwo be ta la, wogblɔa nya maɖinu siwo le vevie ŋutɔ la wògbɔa eme hetrɔa wo wozua nyabiase veviwo, eye emegbe wogblẽa ɣeyiɣi kple nunɔamesi gbogbo aɖewo dome, wɔa nu

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futɔwo, wokɔ ʊu ƒe atsiaƒuwo ɖi eye wokaka xexeame katã ƒe gbegblẽ kple tsɔtsrɔ̃.

Tsã ŋutinyaŋlɔlawo tsɔ amadede nyɔŋutɔ kekeake ta ga si duta aʋadziɖulawo xɔna kple adzɔ siwo woxena ɖe wo ta. Le esime egbea, le ɣeyiɣi si me woxɔ dziɖuɖua la, ŋutsu siwo wobuna be wonye ame deŋgɔwo kple amesiwo si nunya le zãa taflatsedodo vovovo siwo le se nu tsɔ xɔa yewo ŋutɔ yewoƒe amewo ƒe gakpɔkpɔ katã ƒe alafa memama 90 kple edzivɔ be yewoatsɔ akpɔ yewo ŋutɔ yewoƒe numamewo kple didi veviwo gbɔ. Wodea atama, aha sesẽ kple aha siwo me aha mele o, tii, kokoo kple kɔfi wɔwɔ ƒe dzi ƒo, eye esiawo katã gblẽa nu le ameawo ƒe lãmesẽ ŋu, eye emegbe woƒoa adegbe le ga si dziɖuɖua kpɔna tso teƒe mawo ƒe dzidziɖedzi ta. Nenema ke ƒome aɖe fofo bometsila ate ŋu akpɔ dzidzɔ ɖe eƒe gaku sue si wòkpɔ le pound ɖeka si viawo gblẽ ta eye nusi gavloe wue nye be wòagblẽ nu le woƒe lãmesẽ ŋu vevie ta.

Be aɖaŋuɖoɖo kple aɖaŋuɖoɖo siwo woɖo fifia ku ɖe vitamin kple mineral ɖekaɖekawo ŋu mekpɔa viɖe aɖeke tso eme o nusianu si dze tso nyateƒe si wònye be, esi numame si ŋu ŋusẽ le ɖesiaɖe ƒe didi ʊã ameƒomea ta la, nunyiame ƒe nɔnɔme siwo le ameƒomea me va nɔa tsitsim vivivi le nɔnɔme dziŋɔ aɖe si dea dzi ƒo na... nuɖuɖu siwo me afɔku le siwo me vitamin kple mineral mele o wɔwɔ. Gbɔɖeme alo gbɔɖeme suetɔ kekeake manɔmee la, dɔwɔƒe siwo wɔa atama, aha sesẽ kple esiwo me aha mele o, bisiklet, nu viviwo, ice cream, soseti, nuɖuɖu siwo le gaze me, abolo ɣi, margarine kple nu vovovo siwo me afɔku le la dona ɣesiaɣi.

Esiawo katã va ɖoa kpe esia dzi le woƒe gbesiagbegbenɔnɔ me menye susu nyui ye fiaa mɔ amewo o, ke boŋ numame siwo gblẽa nu kple aʋatsodzixɔse dzodzro siwo koŋ na ameƒomea si ɖua nu ɖae lae fiaa mɔ amewo. Ƒuƒoƒo gbogbo aɖewo li le xexe sia me siwo tsia dzi ɖe nyabiase maɖinu kple evelia siwo me wotsɔ ɖe le vevie ŋu.
Tso fifia dzi la, ele be ame deŋgɔ ƒe dɔ vevitɔ nanye be wòawɔ aʋa kpata eye wòatso nya me le numamewo kple aʋatsodzixɔse siwo woɖɔ ɖesiaɖe ŋu. Esia koe nye mɔ vevi si dzi amegbetɔ ato awɔe

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kpɔ dzidzedze le agbe ma si me nuwo sɔ gbɔ ɖo, si me ŋutifafa le, si me dzidzeme le, si me lãmesẽ le, si didi eye wònye dzidzɔ si wòdi tso gbaɖegbe ke la gbɔ ɖoɖo me.

Kpeɖodzi ŋutɔŋutɔa le nye ŋkume. To nuɖuɖu ƒuƒu dzi menye ɖeko meɖe nye agbe, gake meɖe ɖokuinye hã tso dɔléle mawo katã siwo nɔ fu ɖem nam ɣesiaɣi tsã la me eye menya ku kaba ƒe gbɔgbɔ vɔ̃ ma ɖa keŋkeŋ. Esi mexɔ ƒe 61, ne nuɖalawo dzudzɔ dɔwɔwɔ eye woyi dzudzɔxɔxɔledɔme me la, ɖekakpui si xɔ ƒe 25 ƒe lãmesẽ, ŋusẽ, ŋusẽ kple ŋusẽ gaɖo ŋunye.

Ɣleti geɖe la, mewɔa dɔ gaƒoƒo 16 gbesiagbe, eye nyemekpɔa ɖeɖiteameŋu ƒe seselelãme suetɔ kekeake o. Meka ɖe edzi ŋutɔ be maganɔ agbe le nuɖala ƒe agbemeŋkekewo katã me.

Wogblɔna zi geɖe be ele be amegbetɔ naɖu nu be wòanɔ agbe ke menye be wòanɔ agbe aɖu nu o. Fifia ɣeyiɣia de be woaɖo kpe amesiwo nye amesiwo bua nuɖuɖu be enye mɔnu si dzi woato aɖo taɖodzinu aɖe gbɔ ke menye taɖodzinu le eɖokui si o la dzi. Mina ame mawo tɔgbe nadze nye kpɔɖeŋu yome, woaɖe afɔ ɖe fefewɔƒea, awɔ ɖeka le nya ɖeka me, awɔ avu kple amegbetɔ ƒe numame ɖesiaɖe eye woaʊu mɔ na agbe yeye si me dzidzɔ le na ameƒomea katã.

Nyati siwo ŋu woƒo nu tsoe le agbalẽ sia me menye nyabiase tɔxɛ siwo ŋu wòle be woaƒo nu tsoe le ʊɔtru siwo wotu megbe o. Wonye nya siwo ku ɖe ameƒomea katã ŋu eye ele be woabu wo ŋu le dutoƒo ale be amesiame nate ŋu ade dzesi eƒe ŋutilã ƒe nu xoxo ŋutɔŋutɔ.

Enye ame mawo katã siwo tsɔ ɖe le wo ɖokui kple wo viwo ƒe lãmesẽ me ƒe dɔ be woakɔ woƒe gbe dzi ahabia tso amesiwo tsi tre ɖe gɔmeɖose siwo ku ɖe nuɖuɖu ƒuƒu ŋu la si be woatsɔ woƒe ɖeklemiɖeɖewo ade nyadzɔdzɔŋlɔlawo ŋkume, ale be mate ŋu akpɔ mɔnukpɔkpɔ be woana ŋuɖoɖo siwo sɔ wo eye woato esia me aɖe ɖikeke si le amehawo dome ɖe nuɖuɖu ƒuƒu ƒe nufiafia ŋu ɖa.

Megbenyawo

Zi geɖe la, nye agbalẽ siwo ƒo nu tso nuɖuɖu ƒuƒu ŋu xlẽlawo biaa asi nam le ame ŋutɔ kple agbalẽ me siaa eye wobiaa nuɖuɖu ƒuƒu tɔxɛ aɖe ŋuti nyatakakawo tsitotsito. Fifia, ɖoɖo aɖeke koŋ mele lã ɖula la si na ŋdi o, .

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ŋdɔ me alo fiẽsi me nuɖuɖuwo. Eɖua nu ɣesiaɣi si wòdi, nusianu si wòdi kple alesi eƒe nuɖuɖudzroame biae. Gake esi wònye be gaƒoƒo tɔxɛwo kple nuɖuɖu nana ƒe sewo zu numame na nuɖulawo ta la, wodina be yewoakpɔe be woawɔ ɖoɖo ɖe nuɖuɖu ƒuƒu ƒe ɖoɖoa hã ŋu le se aɖewo nu ta la, mina wòanɔ nenema. Nuvevi aɖeke koŋ mele eme o.

Nyateƒee, egbɔ ame ɖeka ƒe ŋutete ŋu be wòawɔ dɔ tso nuɖaɖa ŋuti nyatakakawo ŋu tsitotsito eye wòawɔ ɖoɖo ɖe nuɖuɖu vovovowo ŋu be woatsɔ nuɖuɖu yeye gbogbo aɖewo ade eme. Woto nuɖuɖu vovovo manyaxlẽ siwo woɖa kple nuɖuɖu siwo gblẽ siwo míekpɔna egbea vɛ vivivi, le ƒe akpe geɖe me kple ame akpe geɖe ƒe agbagbadzedzewo me.
Ne amewo ka ɖe edzi mlɔeba be nuɖuɖumɔnu si me susu le wue nye nuɖuɖu ƒuƒu la, nuɖuɖu vivi ƒomevi geɖe adze le zã ɖeka me, le kpɔɖeŋunyagbɔgblɔ nu.

Ne ezã ɣeyiɣi si wòzãna zi geɖe le nuɖaɖa me ƒe kwasiɖa ʊɛ aɖewo ko la, aƒenɔ ɖesiaɖe ate ŋu awɔ kamededede, le eya ŋutɔ ƒe didi nu, nuɖuɖu yeye wɔnuku vovovowo to nuɖuɖu ƒuƒu gbogbo siwo le mía si la ƒe tsakatsaka me; eye le esia wɔwɔ me la, ana nuɖuɖu siwo woɖana le xexeame katã nanyo ɖe edzi le ɣeyiɣi ma ke me. Mina míatsɔ mía ŋutɔwo míaƒe ƒomea awɔ kpɔɖeŋui.

Le dodokpɔ geɖe megbe la, meva ƒo nya ta be woate ŋu atsaka nuɖuɖuwo abe nukuwo, nukuwo, mɔli, aubergines kple marrows, siwo nuɖuɖu ƒe numamewo buna be womate ŋu aɖu o le agbɔsɔsɔ vovovowo me atsɔ awɔ salad vivi siwo adze eŋu lãɖuɖu ƒe numame na ame si ka ɖe edzi wu gõ hã.

Míetsɔa lu, lãmi, chickpeas, beans, kple bubuawo dea tsi geɖe me.
Ne wodze miemie gɔme le ŋkeke ɖeka alo eve megbe la, míetsɔa tsi nyui klɔa wo. Emegbe míeɖea tsi sia ɖa, tsɔa nutsyɔnu tsyɔa zea dzi eye míetsɔnɛ dea teƒe fafɛ aɖe. Le nɔnɔme sia me la, woate ŋu aɖu wo ŋkeke etõ alo ene. Woate ŋu ano wo kple waintsetse ƒuƒu, walnut, dates kple nuɖuɖu bubu gbogbo aɖewo hã alo woate ŋu atsaka wo kple salad vovovowo.

Ne míedi be míaɖa sabala la, míetsɔa lu, lãmi, kple bubuawo toa mõ si wotsɔ ƒoa lu, eye míeƒoa mɔli kple karɔt nyuie

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grater; emegbe míetsɔa hɛ lãa aŋanyi, tomatos kple anyitsi ɖe akpa tsɛwo me, eye míetsoa atadi dama kple amagbe dama ƒomevi geɖe.

Fifia míetsaka wo katã ɖekae eye míetsɔa amititsetse ƒe ami ƒuƒu, lime detsi yeye kple tsidzɔƒetsi nyui vi aɖe dea eme. Ame ate ŋu atsɔ walnut, waintsetse ƒuƒu, date, kple bubuawo hã akpe ɖe eŋu. Nusiwo wotsɔ wɔe ƒe agbɔsɔsɔ si sɔ la nɔ te ɖe ame ɖekaɖekawo ƒe vivisese dzi. Le dzomeŋɔli la, evivina be woaɖu salad mawo siwo wotsɔ tsikpe wɔe.

Ne míetsɔ mɔnu si wozãna tsɔ dzraa salad sia ɖoe la, anya wɔ be míaɖa sabala vovovo gbogbo aɖewo siwo ƒe vivi kple dzedzeme vovovowo to amagbe ƒomevi ɖesiaɖe kple amagbe vovovowo zazã me, abe aŋanyi, sabala, aubergine, beetroot kple, le goawo katã me ene , nusianu si míaƒe amagbebɔwo ana mí o, gake nu vevi siwo le salad la me enye nukuwo, nukuwo kple mɔli.

Ele be salad sia nazu ameƒomea katã ƒe nuɖuɖu vevitɔ. Nunyiame sia si nye nunyiame blibotɔ kekeake na kesinɔtɔwo kple ame dahewo siaa la ƒe viɖewoe nye be enaa lãmesẽ, doa ŋusẽ ame, enaa dzidzeme ame, nunyiame le eme eye mexɔ asi o. Enye nuɖuɖu si me nu vevi siwo katã ana ame nanɔ agbe didi eye wòanɔ lãmesẽ me la le. Enye atike si woŋlɔ na ame be wòaxe mɔ ɖe dɔlélewo katã nu. Nuɖuɖu sia ƒe agba ɖeka, tsɔ kpe ɖe atikutsetse vi aɖe si wotsɔ kpe ɖe eŋu ŋu, sɔ gbɔ ŋutɔ be wòakpɔ ŋutsu ƒe gbesiagbe nudidiwo gbɔ eye le ɣeyiyi ma ke me la, wòakpɔ eta nyuie wu tso dɔléle ƒomevi ɖesiaɖe me.

Ne míebu alesi ƒomevi aɖewo xɔ asi vie ŋu ƒe atikutsetse siwo mebɔ le dzomeŋɔli o la, ame aɖewo susuna be ƒuƒu ɖuɖu axɔ asi vie ɣemaɣi. Wosusuna be mele be nuɖuɖu ƒuƒu ɖula naɖu naneke o negbe atikutsetse yeyewo ko le ƒeawo katã me. Nyateƒee, esia menye nyateƒe o. Ame aɖewo li siwo tsɔa atikutsetse gbogbo aɖewo wua nuɖuɖu gã aɖe nu. Ne ame mawo ɖu atikutsetse ma kple abolo si woɖuna zi geɖe ƒe akpa aɖe ko (gake le lu ƒuƒu ƒe nɔnɔme me ya) la, woakpɔe be yewoƒe dzi dze eme bliboe. To mɔ sia dzi la, woaɖe gazazã kple kuxi si woatsɔ aɖa nuɖuɖu siwo woɖa, tii, abolomegba kple nuɖuɖu bubu ƒomevi ɖesiaɖe si gblẽ la siaa dzi akpɔtɔ.

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Nuɖuɖu aɖewo li, abe lu, walnut, ke me amagbewo ene, siwo wokpɔna le ƒea ƒe ɣeyiɣiwo katã me eye woƒe asiwo trɔna vie ko. Gawu la, woate ŋu awɔ atikutsetse yeyewo ŋudɔ ne woƒe ɣeyiɣi ɖo; eyata ne mulberry sɔ gbɔ la, míate ŋu aɖu mía ɖokui akpa gãtɔ le mulberry, eye nenema kee nye weintsetse kple atikutsetse bubuwo hã.

Le dzomeŋɔli la, woate ŋu atsɔ atikutsetse ƒomevi geɖe siwo woƒu le dzɔdzɔme nu ade tsi fafɛ me, atrɔ wo woazu compote ƒuƒu eye woase vivi na wo kple dzidzɔ gã aɖe. Míate ŋu atsɔ nuku aɖewo, pistachio, lu si mie, cardamom alo vanilla powder, kple bubuawo akpe ɖe compote sia ŋu.

Tsɔ kpe ɖe walnut, almond, pistachio kple hazel nukuwo ɖuɖu le woƒe dzɔdzɔmenɔnɔme me, siwo wotsaka kple atikutsetse ƒuƒu bubuwo hã la, míate ŋu atu wo ahazã wo le nɔnɔme bubu vovovowo me, alo míatsaka wo kple amagbe ƒuƒu hotchpotch alo compote vovovowo. Nuɖuɖu vivi si vivina wu le nuɖuɖu ƒuƒu ɖula ŋue nye "Halva" alo walnut, almond alo pistachio ƒe lã vivi. Wogbãa esiawo, tsɔa cardamom, vanilla alo saffron ƒoa nu ʋeʋĩwoe be woavivi eye wotsoa wo ɖe dzogoe suesuesuewo me. Woɖua Halva sia kple vivisese gãtɔ kekeake kple amagbe dama vovovowo. Woate ŋu atsɔe ade sabala ƒe aŋgba me eye woaɖui abe sandwich ƒomevi aɖe ene. Tsi si wotsɔ lime detsi yeye tsakae nye aha nyuitɔ kekeake si woate ŋu ana ɖeviwo.

Le nyataƒoƒo me la, egahiã ake be míagaɖo ŋku nuxlẽla dzi be enye nu gã aɖe ŋutɔ nɔnɔme vevi aɖe si wòle be wòanɔ susu me na mí ɣesiaɣi. Le nuɖuɖu ƒuƒu ɖuɖu ƒe ɣeyiɣi gbãtɔ me la, amesiwo ɖua nu ƒuƒuwo ate ŋu akpɔ vevesese ƒomevi vovovowo, si ate ŋu ana woasusu be nuɖuɖu ƒuƒu gblẽa nu le yewo ŋu eye wònana wogbɔdzɔna alo nana wodzea dɔ. Ele be míaɖo ŋku edzi be nukpɔsusu siwo katã nye vodada kple afɔku siwo li fifia le nuɖuɖuŋutinunya me la dzɔ tso nukpɔsusu siwo dze abe ɖe wotsi tre ɖe wo nɔewo ŋu ene alea me. Eyata mele be gotagome dzesiwo nanye taflatsedodo gbeɖe be woagblẽ dɔa ɖi afã kple afã o. Ele be woalala emetsonu mamlɛawo, si ate ŋu axɔ kwasiɖa alo ɣleti ʋɛ aɖewo hafi. Gake ne wotsaka nuɖuɖu siwo woɖa kple nunyiame ƒuƒu ɣeaɖewoɣi la, emetsonu mawo ate ŋu ahe ɖe megbe ŋutɔ eye womawɔ dɔ o alo madze kura o.

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Woƒe vevesesewo menye naneke o negbe dɔyɔyɔ ƒe nuwɔna ko, eye to tsitretsitsi si woɖe fia wo me la, woate ŋu aɖe wo ɖokui tso dɔléle siwo katã wonya kple esiwo womenya o me.

Nyateƒee, vevesese mawo dometɔ si nɔa anyi didi wue nye didi vevie nuɖuɖu si woɖa. Gake ele be wòanɔ susu me na mí ɣesiaɣi be menye lãmenugbagbevi siwo sɔ alo esiwo le lãmesẽ me ye ʋãa "dɔwuame" ƒe dzodzro siwo wosena le wo ɖokui me le nɔnɔme mawo me o, ke boŋ lãmenugbagbevi siwo gblẽ, siwo ŋu viɖe aɖeke mele o eye womewɔa dɔ o kpakple aɖi siwo ƒo ƒu ɖe ŋutilãa me ye ʋãa wo; ne míagblɔe bubui la, to dɔléle si tututu gblẽa nugbagbevi la dzi. Eyata to dzidodo kple tsitretsitsi ɖe "dɔwuame" ƒe seselelãme ma ŋu tututue míate ŋu aɖe aɖi mawo ɖa, aɖe lãmenugbagbevi siwo ŋu viɖe aɖeke mele o ƒe anyinɔnɔ ɖa, atu lãmenugbagbevi siwo le dɔ wɔm ƒe kpeɖeŋutɔ si hiã la ɖo eye mínanɔ dedie zi ɖeka ɖe yayrawo katã ta lãmesẽ nyui. Gaƒoƒo ɖesiaɖe ƒe dzidodo le "dɔwuame" ma me nye aʋadziɖuɖu le míaƒe avuwɔwɔ kple d

Tehran, ƒe 1963 me

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AKPA EVELIA

Amegbetɔ ƒe Nu Gbagbewo Tutu

Nyati siwo ŋu meƒo nu tsoe le agbalẽ sia me la menye kuxi tɔxɛwo o. Wonye nyabiase siwo ka ameƒomea katã. Wokpɔa ŋusẽ ɖe amesiwo katã si ŋutilã le eye wole agbe dzi; wotsia dzi na amesiwo katã si nu le heɖua nu. Esia tae medzea agbagba ɖesiaɖe ɣesiaɣi be maŋlɔ nu le gbegbɔgblɔ bɔbɔe si mate ŋui me, eye metu nye nyataƒoƒo ɖe nyatakaka kple nyaʋiʋli siwo le gbadzaa dzi, evɔ nyematsɔ dzɔdzɔmeŋutinunya me nyatakakawo kple nyagbɔgblɔ siwo womate ŋu aɖu o siwo gɔme nye nuxlẽla akpa gãtɔ mate ŋu ase o la xe nye nuŋɔŋlɔa nu o. Le nye -nyaʋiʋliwo me la, nyemeɖoa ŋu ɖe nyatakaka gbogbo aɖewo siwo dze abe ɖe wotsi tre ɖe wo nɔewo ŋu siwo woxɔ le nudokpɔƒea to mɔ madeblibowo dzi alo esi vɔ̃ɖi wue nye be, nyemeɖoa ŋu ɖe susu totro ɖesiaɖe si wotu ɖe nyatakaka mawo dzi ŋu o. Kpeɖodzi siwo metsɔ ɖo ŋkume lae nye dzɔdzɔmese siwo ŋu womate ŋu agbe nya le o kple nyataƒoƒo gbadza mawo tɔgbe siw

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nuteƒekpɔkpɔ, eye si 'ame ɖekaɖeka ɖesiaɖe si le xexeame ƒe dzogoe ɖesiaɖe dzi ate ŋu ado kpɔ ahaɖo kpe edzi na eɖokui bɔbɔe.'

Le nyateƒe me la, nuɖuɖu ƒuƒu ƒe nukpɔsusu le bɔbɔe ale gbegbe be woate ŋu aƒo eta kpuie le nyagbe eve siwo me kɔ me: amegbetɔ ƒe ŋutilã wɔla hã wɔ eƒe nu xoxo siwo sɔ kplii; ne míetsɔ nu xoxo mawo yi ŋutilãa gbɔ bliboe, evɔ míetrɔ asi le wo ŋu o la, amegbetɔ ƒe nugbagbevi la awu eƒe agbenɔƒe bliboa nu evɔ maɖe kuku le dɔléle aɖeke me o.

Ame sia ame si ƒe nukpɔkpɔ me kɔ ale gbegbe be wòate ŋu ase nyagbe eve mawo ƒe gɔmesese vavãtɔ gɔme eye wòabu tame ahade ŋugble le eŋu si hiã la ate ŋu ade dzesi nɔnɔme wɔnublanui si me egbegbe ŋutsu ƒe nunyiame ƒe ɖoɖoa le bɔbɔe. Ate ŋu akpɔe hã bɔbɔe nenema ke be le amegbetɔwo ƒe dɔlélewo dzi ɖuɖu gome le ƒe alafa geɖe siwo va yi me la, amegbetɔwo zã mɔnu mawo tɔgbe siwo nye vodada kple esiwo me afɔku le siaa eye hekpe ɖe eŋu la, kadodo boo aɖeke mele mɔnu mawo katã kple nu vevi siwo hea dɔlélewo vɛ dome o vavã .

Le ƒe geɖe ƒe nusɔsrɔ̃ nyuie kple nye ŋutɔ nye nuteƒekpɔkpɔ veviwo megbe la, egbea me ɖikeke aɖeke mele eme o be menye ɖeko dzɔdzɔmenunyiame ƒe ɖoɖoa ɖea ameƒomea tso dɔléle ƒomevi ɖesiaɖe me ko o, ke enaa amegbetɔ ɖesiaɖe nɔa agbe didi wɔnuku aɖe si yɔ fũ kple ŋutifafa, dzidzɔkpɔkpɔ kple akɔfafa hã.

Egbegbe ŋutsu ƒe agbenɔnɔ nye drɔ̃e baɖa aɖe, si nuvɔ̃, numame kple nu gbegblẽ wɔwɔ manyaxlẽwo le fu ɖem na. Nyateƒee, ahiã be woakpe babla akpe geɖe ɖo be woate ŋu aɖɔ amegbetɔ ƒe nɔnɔme gbegblẽwo katã bliboe, ayɔ eƒe nuɖuɖu nana ƒe numame gbegblẽawo tsitotsito, ahe susu ayi eƒe agbenɔnɔ ƒe gbegblẽ vɔ̃ɖi la dzi aɖabaƒoƒo ɖeka eye mlɔeba woaɖe ɖeka afia ɖeka nye mɔnu vovovo siwo wowɔ vodadatɔe siwo dzi woato awɔ avu kple vɔ̃ɖinyenye mawo. Gake kuxi vevitɔ si le mía ŋkume enye be ŋutsu ɖesiaɖe nanya alesi wodzia dɔlélewoe kple mɔnu si nye mɔnu vevi si dzi woato aɖe dɔléle mawo ɖa zi ɖeka ɖe ɣeyiɣiawo katã nu la nyuie.

Le gɔmedzedzea me la, ehiã be míanya alesi míaƒe nugbagbevi la le wotu kple nusi nunyiame nye.

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Abe alesi míenyae ene la, nu gbagbe siwo le míaƒe ɣletinyigba dzi la dze zi gbãtɔ le lãmenugbagbevi ɖeka ƒe nɔnɔme me. Emegbe la, lãmenugbagbevi ɖeka ƒe ŋutilã ɖekaɖeka mawo wɔ nu aduadu ɖekae tsɔ wɔ ƒuƒoƒo vovovowo eye wohe nugbagbevi siwo me lãmenugbagbevi geɖe le vɛ. Lãmenugbagbevi ʊɛ aɖewo ƒe nuwɔwɔ aduadu gbãtɔ le ɣeyiɣi aɖe megbe va nɔa ŋgɔ ale gbegbe be wòdzia nu gbagbe si me lãmenugbagbevi miliɔn geɖe le.

Lãmenugbagbevi ɖesiaɖe nye nugbagbe si gɔme sese sesẽ le eɖokui si, gake nenemae wòle nugbagbewo ƒe tsitsi ƒe afɔɖeɖe vovovowoe le wo si. Lãmenugbagbevi ɖeka ƒe nugbagbevi gbãtɔwoe nye amoeba siwo ƒe wɔwɔme nye gɔmedzenuwo wu, siwo ʊãna le tsi me le taɖodzinu aɖeke si dze ƒã ta ɔ. Dɔ siwo wowɔna koe nye be woadi nuɖuɖu, aɖu nu, aɖu nu eye woadzi ɖe edzi to ɖoɖo bɔbɔe si nye be woama wo ɖokui ɖe eve me.

Woƒe nuɖuɖumeŋusẽ vevi siwo va nɔa tsitsim vivivi ne ɣeyiɣiawo va nɔ yiyim la nɔ wo si. Le tsitsi ƒe akpa aɖe emegbe la, lãmenugbagbevi mawo ƒo wo ɖokui nu ƒu ɖekae tsɔ wɔ nugbagbevi siwo me lãmenugbagbevi geɖe le. Ne míagblɔe bubui la, esi woɖe asi le woƒe agbe si taɖodzinu mele o si nye ame ɖekaɖekawo ƒe nukpɔsusu si woɖe ɖe aga ŋu la, wotoa nuwɔwɔ aduadu ƒe agbenɔnɔ me, afisi dɔ tɔxɛ aɖe le lãmenugbagbevi ɖesiaɖe si wòawɔ le ƒuƒoƒo ƒe dɔwɔnawo ƒe ɖoɖo si wowɔ ɖekae me.

Tsɔ amegbetɔ gbãtɔ ƒe ame ɖekaɖekawo ƒe agbenɔnɔ sɔ kple wo nɔewo, do ŋgɔ nɛ ate ŋu aƒo nu nyuie gɔ̃ hã, kple egbegbe dukɔ gãwo ƒe nuwɔwɔ aduadu ƒe agbenɔnɔ, afisi amewo ƒe ƒuƒoƒo vovovowo wɔa dɔ ɖekae le. Gake le míaƒe egbegbe hadomegbenɔnɔ deŋgɔ gɔ̃ hã me la, ame ate ŋu akpɔ nɔnɔme siwo ŋu viɖe aɖeke mele o, bometsilawo, lãviwo kple nuvlowɔlawo siwo ɖoa ŋku mía tɔgbui kuviatɔ siwo nɔ anyi le blema la dzi. Ke hã nuwɔwɔ mawo nɔa wo nɔewo xa kple ŋutsu siwo si ŋutete kple nunya tɔxɛ le.

Nenema kee wòle le amegbetɔ ƒe ŋutilã hã gome, afisi lãmenugbagbevi siwo ŋu viɖe aɖeke mele o, siwo nye dɔlékuiwutikewo, yia woƒe anyinɔnɔ kuviawɔwɔ dzi kpena ɖe lãmenugbagbevi siwo ŋu viɖe le ŋutɔ ŋu le woƒe tsitsi ƒe akpa si de ŋgɔ wu me. Amegbetɔ ƒe ŋutilã ƒe habɔbɔ kple ɖoɖo vovovowo le esi, siwo woyɔna be lãkusiwo, ŋutinuwo, ɖoɖowo, kple bubuawo. Lãmenugbagbevi kple ɖoɖo mawo wɔa woƒe dɔwo to lãmenugbagbevi tɔxɛwo ƒe ƒuƒoƒo aɖewo koŋ ƒe agbagbadzedze le ɣeyiɣi ɖeka me me. Enyo be míade dzesii be lãmenugbagbevi tɔxɛ siawo mewɔa woƒe dɔ tɔxɛwo to dɔwɔnu tɔxɛwo ƒe kpekpeɖeŋu me o eye...

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dɔwɔnu siwo wotu le gota; ke boŋ wo dometɔ ɖesiaɖe ŋutɔ trɔna, to eƒe xɔtuɖoɖo bliboa me, wòzua dɔwɔƒe si me nu sesẽwo le ŋutɔ.

Eyata wotsɔa mɔ̃ tɔxɛ siwo ɖea tsi le ʋua me heɖea tsi le lãmenugbagbevi siwo wɔa ayikuawo ŋu, siwo dzi wotona ɖea ɖinuwo kple aɖi siwo gblẽa nu le nugbagbevia ŋu la ɖa kple aɖuɖɔa; lãkusiawo ƒe lãmenugbagbeviwo xɔa nu xoxo siwo hiã tso lãmenugbagbeviwo dome tsi (si ƒe nu gbãtɔ aɖeke mele nuɖuɖu si woɖa me o) me eye ne wotrɔ wo wozu lãmetsiŋusẽwo la, wotsɔa wo yia ŋutilãa me; ŋusẽ tɔxɛ aɖe le lãmekawo ƒe lãmenugbagbeviwo ŋu si nana wote ŋu ʋãa ŋutilã hewɔa mɔ̃ɖaŋudɔ sesẽwo; mlɔeba la, wotsɔa ka siwo ƒe didime nye abɔklugui siwo dzi ahɔhɔ̃a ƒe sededewo tona yia ŋutilã bliboa me la naa ŋusẽ lãmekawo. Eyata lãmenugbagbevi siwo wɔa amegbetɔ ƒe ŋutilã dometɔ ɖesiaɖe nye dɔwɔƒe sesẽ aɖe si ƒe wɔwɔme tɔxɛ aɖe to vovo le eƒe dɔwɔwɔ me tso eƒe aƒelikawo tɔ gbɔ, tso ɖa, taɖa, ƒu, lãmekawo kple lãkusiwo ƒe lãmenugbagbeviwo dzi va ɖo ahɔhɔ̃a ƒe lãmenugbagbeviwo dzi.

Ðikekemanɔmee la, anye ne adzɔ dzi na mí ŋutɔ nenye be wowu enu hafi lãmenugbagbeviawo ƒe wɔwɔme kple dɔwɔna kple nuwɔna siwo katã yia edzi le wo me ƒe nɔnɔme ŋuti sidzedze. Gake ne to nukunu aɖe dzi la, amegbetɔ ate ŋu age ɖe lãmenugbagbeviwo ƒe nya ɣaɣla ɣaɣlawo katã kple woƒe dɔ vovovoawo me gɔ̃ hã la, ahiã be woakpe babla akpe geɖe ko ɖo, ke boŋ babla miliɔn geɖe me atsɔ aɖɔ woe, evɔ mía dometɔ ɖesiaɖe ya ahiã agbe wuieve hafi nàkpɔ nusiwo katã woŋlɔ la ƒe nukpɔkpɔ kpui aɖe ko.

To vovo na alesi adegbeƒola aɖewo siwo ƒoa adegbe gblɔna le wo ɖokui si la, ame nyatakaka ʋɛ aɖewo koe le esi ku ɖe nya siawo katã ŋu vavã. Le ŋgɔyiyi ɖesiaɖe si wòwɔ le eƒe nusɔsrɔ̃ me la, ele be wòaka ɖe edzi geɖe wu be sidzedze si yete ŋu xɔ la nye nusiwo gakpɔtɔ ɣla ɖe ye la ƒe akpa sue aɖe si seɖoƒe meli na o hafi. Ke hã esi mɔ̃ɖaŋununya me dzidzedzekpɔkpɔ ʋɛ aɖewo mu ta la, egbegbe ŋutsua kpɔa eɖokui le susu me be yeɖo dzɔdzɔmeŋutinunya ƒe blibodede ƒe kɔkɔƒe eye mɔɖeɖe alo mɔxenu aɖeke manɔmee la, etrɔa asi le nukunu nukunu ma, si nye amegbetɔ ƒe nugbagbevi la ŋu le eƒe lɔlɔ̃nu nu. Le nyateƒe me la, ewɔa dada le bometsitsi me ale gbegbe be wòtoa nusiwo dzi ŋɔ wu dzi

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contrivances eye to adi siwo dzi ŋɔ wu gɔ̃ hã dzi la, ewɔa DODODO siwo me tagbɔsesẽ le vevie be yeatsɔ adɔ dɔléle siwo do le nugbagbe ma me dɔ. Elabena le nyateƒe me la, womewɔ naneke vaseɖe fifia to DODOKPƆWO, DODODOWO KPLEE DODOKPƆ GEĐEWO GAGBƆ o. Gawu la, menye lã dahe siwo mate ŋu aʋli wo ɖokui ta o koe wòwɔa dodokpɔ mawo o, ke boŋ le eya ŋutɔ ƒe ŋutilã, via lɔlɔ̃awo, ameƒomea katã hã dzi. MEKPƆ MƆ BUBU AĐEKAKE SI WOATSO ATSO EƑE TAĐOĐOA ME O.

Gake ele be nyateƒenya aɖe si ŋu womate ŋu ake ɖi le o nanɔ susu me na mí ɣesiaɣi: mele be ŋutsu si menya nu nyui aɖeke tso gaƒoɖokui dzro aɖe ƒe dɔwɔwɔ ŋu o la natsɔ eɖokui adzrae ɖo gbeɖe o, le vɔvɔ̃ be yeatsɔ asi ƒe ʋuʋu gbegblẽ bɔbɔe aɖe aƒu gbe ɖe mɔ̃a katã me le tɔtɔ me ta. Woate ŋu atsɔ dodokpɔ siwo egbegbe dzɔdzɔmeŋutinunyalawo wɔ ɖe amegbetɔ ƒe nugbagbevi ŋu la asɔ kple dɔwɔla si wɔ dɔ le dɔwɔƒe aɖe ŋkeke ʋɛ aɖewo megbe la, edze agbagba be yeagbã eƒe mɔ̃wo ahaƒo wo nu ƒu ake la ƒe nuwɔna si me susu mele o.

Le dɔléle sesẽ aɖe gome la, gbedala la nyea dzɔdzɔme ɣesiaɣi, gake... wogblɔna be atikewo ƒe dɔwɔwɔ gbɔe dɔlélea tsona, evɔ le nɔnɔme gbogbo siwo me dɔlélea va wua ame le atikewo dodo tẽ ta la, wogblɔna ɣesiaɣi be dɔlélea ƒe dzɔdzɔmemɔ gbɔe wòtso. Ele be míate gbe ɖe edzi be le dɔléle siwo nɔa anyi didi me la, atikewo, abe se ene, nana nɔnɔmea gagblẽa nu le eŋu eye wògblẽa nu le nugbagbevi la ŋu.

Ekema nukae wòle be ŋutsu nawɔ ne eƒe ŋutinuwo dze dɔwɔwɔ gɔme madzemadzee? Đe ame aɖe li le xexeame si nya amegbetɔ ƒe nugbagbeviwo katã tsitotsito abe alesi mɔ̃ɖaŋudɔwɔla nya eƒe dɔwɔƒea ƒe akpa vovovoawo katã ƒe nyatakakawo tsitotsito ene, vaseɖe esime wòaɖo gavi mamlɛtɔa? Nyateƒee, menye nenemae o. Abe alesi megblɔe le etame ene la, woate ŋu atsɔ mɔ̃ ɖesiaɖe dzadzraɖo ade asi na eŋutinunyala bibi ma si si aɖaŋu kple ŋutete le be wòama mɔ̃ si wona la ƒe akpawo katã ahagbugbɔ wo aƒo ƒui la si. Gake aleke gbegbe amegbetɔ didi tso taɖodzinu sia gbɔ ɖoɖo gbɔe nye si le eya ŋutɔ ƒe ŋutilã gome!

Ekema nukae wòle be amegbetɔ nawɔ le nɔnɔmeawo me? Đe wòle be wòaƒo eƒe abɔwo ahaɖe asi le eɖokui ŋu le eƒe dzɔgbese ƒe susu siwo trɔna la tea, alo ɖe wòle be wòaɖe asi le eŋu

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he afɔku vɛ to aɖi yeyewo toto vɛ atraɖii kple dodokpɔ siwo me susu mele o siwo wowɔ kpli wo mea? Ðeka alo evelia aɖeke meli o. Dzɔgbenyuietɔe la, mɔnu aɖe li enumake eye wòle bɔbɔe ŋutɔ si dzi amegbetɔ ate ŋu ato aɖe eɖokui tso dɔlélewo katã me.

Ne mɔ̃ɖaŋudɔwɔla aɖe tu dɔwɔƒe aɖe, to akɔntabubu dzi akɔntabubuwoe wòkpɔa nusiwo katã hiã na dɔwɔƒe ma ƒe nyonyome kple agbɔsɔsɔme, kpakple beléle si wòle be woakpɔ le eƒe mɔ̃wo zazã kple wo dzi kpɔkpɔ me. Emegbe eka ɖe edzi be dɔwɔƒe si wona la ƒe agbenɔƒe anɔ dɔ wɔm, nenye be wowɔ eƒe mɔfiamewo dzi nyuie ko.

Nukae Nye Nuɖuɖu Ŋuti Nunya?

Abe alesi mɔ̃ɖaŋudɔwɔla ɖesiaɖe wɔa akɔntabubu tsitotsito tsɔ gblɔa... nu xoxo siwo hiã vevie na dɔwɔƒe si wòwɔ, eyata to akɔntabubu siwo de pɛpɛpɛ wu dzi Dzɔdzɔme wɔnuku la to nu xoxo siwo hiã na lãwo katã si me Amegbetɔwo hã le vɛ.

Ne míedi be míatu dɔwɔƒe dzro aɖe la, gbã la, míetua xɔ si sɔ, emegbe míetsɔa mɔ̃ siwo katã hiã kple dynamo la dea eme, eye mlɔeba, be dɔwɔƒea nate ŋu adze ewɔwɔ gɔme la, míenaa ami si hiã lae kple nusiwo wotsɔ wɔa nu xoxowo. Fifia esi wònye be amegbetɔ ƒe nugbagbevi la ƒe wɔwɔme sesẽ ŋutɔ ta la, eƒe nu xoxowo ƒe nɔnɔme sesẽ nenema ke, eye nu gbogbo aɖewo le wo me.

Dzɔdzɔmenuwo wɔ dɔ wɔnuku aɖe le mɔ ma nu. Le gɔmedzedzea me la, le lãmenugbagbeviawo ƒe wɔwɔme bɔbɔe ta la, edzra xɔtunu bɔbɔewo ɖo, siwo toa vovo le lãmenugbagbeviawo ƒe ƒomevi nu. Eyata ɖa ƒe lãmenugbagbeviwo bia xɔtunu ƒomevi aɖe koŋ, ɖaa tɔ biaa ƒomevi bubu. Nenema kee wòle le lãmekawo, lãkusiwo, lãmekawo, kple bubuawo ƒe lãmenugbagbeviwo hã gome. Gake viɖe aɖeke mele lãmenugbagbevi siwo ƒe wɔwɔme le bɔbɔe alea ŋu haɖe o; ele be woana dɔwɔnu nyuitɔ siwo sɔ ɖe eƒe dɔ tɔxɛa nu wo dometɔ ɖesiaɖe azɔ, si ta wogahiã xɔtunu bubuwo. Mlɔeba,

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ehiã be woana ŋusẽ lãmenugbagbevi mawo eye woana nu xoxo siwo hiã na lãkusiawo ƒe dɔwɔwɔ nyuie.

Dzɔdzɔme to eƒe nukpɔkpɔ si medoa kpo nu o dzi ƒo amesiawo katã nu ƒu nuwo, siwo ƒe xexlẽme ɖo akpe ewo. Nu mawo dometɔ ɖesiaɖe ƒe agbɔsɔsɔ si sɔ pɛpɛpɛ le esi. Eyata le nu ƒomevi ɖeka me la, míate ŋu ahiã gram akpe ɖeka, le ƒomevi bubu me la, gram ɖeka koe, gram akpe ɖeka ƒe akpa etɔ̃lia si mede gram akpe ɖeka o. Esiae nye dɔwɔwɔ ƒe se le dɔwɔƒewo katã. Ele vevie be nu mawo nanɔ lãmenugbagbeviawo si ɣesiaɣi le agbɔsɔsɔ si woɖo ɖi me. Vevietɔ ele be woakpɔ egbɔ etɔxɛe be wo dometɔ aɖeke mele nusiwo woƒo ƒu me o.

Ame sia ame, agbalẽnyala kple ame tsɛ, kesinɔtɔ kple ame dahe siaa, koe nye eya ŋutɔ ƒe ŋutilã tɔ eye eya koe nye dɔdzikpɔla ɖeka kolia si kpɔa ɣletivihatsotso ememetɔwo ƒe nukunu xexe ma dzi.

Enyo be míade dzesii be nu gbagbe siwo katã le Anyigba sia dzi, tso... Ant alo A Sparrow to the Elephant, de dzesi nuƒoƒoƒu ma eye woawɔ eŋudɔ bliboe na woƒe nunyiamehiahiãwo.

Nusi to vovo na emae nye be tso keke dekɔnuwo ƒe gɔmedzedze ke la, amegbetɔ ɖeɖeko, abe ame ɖekaɖeka si to vovo le xexe gã bliboa me ene la, do gbe le eƒe sidzenuwo gbɔ eye wòbu nusiwo tututu hiã vevie na eya ŋutɔ ƒe nyonyo la ƒe fɔmaɖimaɖi keŋkeŋ. Esia tae wòwɔa dɔ sesĩe zã kple keli le eƒe nudokpɔƒewo kple numekukuwɔƒewo, wɔa dodokpɔ kple dodokpɔ ƒomevi ɖesiaɖe, ke ɖe nu mawo tɔgbe ŋu ɖekaɖeka, wɔa wo kabakaba le eƒe dɔwɔƒewo, toa ŋkɔ wɔnukuwo na wo, tsɔa wo dea aɖakawo kple aŋetuwo me , eye wòkaka wo ɖe xexeame katã, ale be amewo nami wo eye dɔ nagawu wo o. Eye esiawo katã woyɔna be dzɔdzɔmeŋutinunya.

Esi dzɔdzɔmeŋutinunyalawo menya nusi wɔm wole o ta la, woɖe afɔ ɖe eme fefewɔƒea le tsitretsitsi ɖe dzɔdzɔme ŋu me. Esi numamewo gbã ŋku na ŋutsu mawo ta la, womete ŋu kpɔnɛ be to ƒe miliɔn geɖe kple miliɔn geɖe kple akɔntabubu siwo de pɛpɛpɛ wu me la, mía dada Anyigba, le eƒe Providence, ƒo ƒu, ƒo eɖokui ɖe numiemiewo me eye wòyɔ bliboa me o

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xexeame kple nu mawo siwo me nunyiame le ŋutɔ siwo wodze dzesidede gɔme teti koe nye ema, ɖekaɖeka.

Nu gbagbe siwo katã le xexeame la dzɔ tso... tɔgbui mawo ke, gake le ɣeyiɣi aɖe megbe la, woto nɔnɔmetɔtrɔ ƒe mɔ vovovowo dzi. Vovototo si le amegbetɔ kple lã bubuwo dome le ŋutilã ƒe wɔwɔme kple ŋutilã me le gɔmedzedzea me la le sue ŋutɔ.

Abe amegbetɔ ene la, dzi, lãkusi, aklã, ayiku, ʋu, ƒu, ahɔhɔ̃, kple bubuawo hã le lã mawo hã si. Woƒe ŋutinuwo bia nunyiame siwo sɔ pɛpɛpɛ abe alesi amegbetɔ ƒe ŋutinuwo bia ene. Vodada gãtɔ kekeake si nugbagbeŋutinunyala si le numekuku wɔm la wɔe nye be wògblẽ ɣeyiɣi kple agbagbadzedze geɖe akpa ɖe kuxi evelia kura, siwo mehiã o, siwo tsi tre ɖe wo nɔewo ŋu, siwo wòtsɔ xe eƒe ahɔhɔ̃ me eye wòtɔtɔ eƒe susu, le esi teƒe be wòaɖo ŋu ɖe nyateƒenya kple nyatakaka gbogbo mawo ŋu abe alesi wòle esi ene eye wòtu eƒe sidzedze ɖe nusiwo do tso dodokpɔ siwo nye gɔmedzenu veviwo me dzi.

Ele be míade dzesi nyateƒe si wònye be ne lã aɖe ɖe aŋgba "si le sue" tso ati aɖe me le ave me la, ekpɔa eƒe nugbagbe ƒe nuhiahiãwo katã gbɔ to aŋgba "bɔbɔe" ma ɖuɖu me. Le aŋgba ɖeka ma me la, dzɔdzɔme ƒo nu mawo katã siwo hiã be woatsɔ awɔ lãmenugbagbevi yeyewo le lã ma ƒe ŋutilã me la nu ƒu; be woade vovototo lãmenugbagbevi mawo dome, be woana nunyiame wo ahana ŋusẽ wo, eye mlɔeba be woana nu vevi siwo woatsɔ awɔ lãkusiawoe.

Kpuie ko la, aŋgba ma nye nu xoxo siwo da sɔ bliboe na lãwo ƒe nugbagbevi; Agba ma nye NUÐUÐU si sɔ na lã.

Amagbe ƒuƒu ƒomevi vovovowo katã ƒe akpa vevitɔe nye... Dukplɔla Ma ke

Nenye be ele be lã si le etame la, si mete ŋu kpɔ naneke ɖu tsɔ kpe ɖe aŋgba ma ŋu o, be wòanɔ nuɖuɖu ɖeka ma dzi ɣleti alo ƒe geɖe la, eƒe nugbagbevi mase vitamin alo nunyiame bubu aɖeke ƒe anyimanɔmanɔ le nya ma ta o. Vovototo aɖeke mele eme o ne

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le ati ƒe aŋgba teƒe la, numiemie bubu adewo le esi.

Nusi le vevie enye nyateƒe si wònye be nuɖuɖu si wòɖuna la nye DZƆDZƆME ME KPLE NUSIWO MEÐE NU O.

Ne wotsɔ nuɖuɖu dzidzenu aɖe ɖo sɔ alo kposɔ ŋkume la, wometsia dzi ɖe wo ɖokui ŋu gbeɖe le susu si nye be protein alo vitamin ƒe agbɔsɔsɔ ate ŋu masɔ gbɔ na lãa o ta o, togbɔ be míenyae nyuie be lãwo hã, abe amegbetɔ ene, hiã wo hã vitamin, mineral kple nunyiame bubu ƒomevi ɖesiaɖe.

Amesiame ate ŋu akpɔe kɔte be nuɖuɖu siwo lã ƒomevi vovovo akpe geɖe ate ŋu atia la se ɖe afi aɖe ale gbegbe be mɔnukpɔkpɔ mesu wo si gbeɖe be woafɔ nusiwo woaɖu wu ahatia wo o. Ele na wo be woanɔ agbe ɖe nuɖuɖu ƒomevi ʋɛ siwo bɔ siwo li le woƒe nuto si te ɖe wo ŋu me la nu.
Ke hã, míete ŋu ke ɖe avitaminosis alo nunyiame ƒe veve bubu aɖeke ŋu le wo dome o.

Ne ètsɔ nuɖuɖu siwo lã mawo ɖuna la yi ɖe... nugbagbeŋutinunyalawo ƒe nudokpɔƒewo, le wo dometɔ ɖesiaɖe me la, woakpɔ nu geɖe siwo ƒe nɔnɔme kple agbɔsɔsɔme le vovovo. Emegbe woagblɔ na wò be protein, ami gbogbo aɖe kple vitamin ɖeka alo bubu geɖe le numiemie aɖe koŋ me. Eyata le numiemie ɖesiaɖe me la, woaxlẽ nusiwo ade 10-15 siwo ŋu woke ɖo eye woakpɔ woƒe agbɔsɔsɔme ɖekaɖeka nyuie. Le atikutsetse siwo me kesinɔnuwo bɔ ɖo wu gɔ̃ hã me la, woɖo seɖoƒe na nusiwo wotsɔ wɔa nusiwo ŋu wokpɔ dzidzedze le la ƒe xexlẽme keŋkeŋ. Le nyateƒe me la, esia meɖo kpe edzi be nuɖuɖu mawo dometɔ ɖesiaɖe nye nusiwo ŋu woke ɖo wuieve alo esi wu nenema ko o; ke boŋ enye nusi ɖee fia be woƒe mɔ̃ɖaŋununya ƒe aɖaŋu kple nunɔamesiwo mesɔ gbɔ kura be woaku nu me bliboe ahanya nu mawo katã siwo va ƒo ƒu le dzɔdzɔme ƒe nudokpɔƒe be woadzi ama
Efia be le nuɖuɖu tɔxɛa me la, wote ŋu ke ɖe nusiwo le nuɖuɖua me ƒomevi ʋɛ mawo ko ŋu; susɔeawo gakpɔtɔ le ɣaɣla ɖe wo.

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Nusi koŋ gbɔ esia tsoe nye nyateƒe si wònye be nusiwo ŋu woke ɖo si nugbagbeŋutinunyalawo ŋlɔ la menye nu vevi siwo le amagbe mawo me o, gake wonye atike siwo dzena le nɔnɔme vovovowo me le amagbe vovovowo me. Ne woge ɖe lãwo ƒe ŋutilã me la, wogbãa nu mawo eye wogawɔa wo ake, eye le esia wɔwɔ me la, wowɔa atike yeye siwo sɔ ɖe nugbagbea ƒe nuhiahiãwo nu.

AMAGBƆWO KAtã SI LÃWO ɖu NU VEVIETƆ MAWO KE KPƆKPƆ

Le gɔmedzedzea me la, nu vevi etɔe le amagbewo katã me. Wo dometɔ ɖekae nye tsi, si mí katã míenya nyuie. Míenya be míate ŋu anɔ agbe tsi manɔmee o, eye ɖewohĩ míaɖo ŋku edzi nyuie be tsidzɔƒe dzadzɛtɔ kekeake si le dedie wu si míenyae nye esi le atikutsetsewo kple amagbewo me. Eyome, roughage la va. Esiae nye nusi wɔa amagbewo ƒe ŋutilã ƒe ɖoɖo, si naa woƒe nɔnɔme kple sesẽme nɔa wo ŋu. Womegbãa lãgbalẽgolowo hexɔa wo ɖe lãwo ƒe ŋutinuwo me o; woɖenɛ doa goe le ŋutilãa me le aɖuɖɔ ƒe nɔnɔme me. Gake enye nu vevi aɖe le lãwo ƒe nuɖuɖu me. Ne lãgbalẽgolo aɖeke meli o eye nuɖuɖu si lãa ɖu la gbã keŋkeŋ eye wòxɔ ɖe eme la, naneke manɔ dɔgboa me wòanya o, eye le ɣeyiɣi aɖe megbe la, woavuvu ahaƒu. Ke hã ewɔ nuku be ame geɖe mekpɔa nu kpuie ale gbegbe be ne wobu nuɖuɖu ƒuƒu be "womate ŋu aɖu o" la, woɖonɛ koŋ ɖenɛ ɖa le woƒe nuɖuɖuwo me, si ta ameƒomea katã kloe kpea fu le dɔmeɖui ta. Ne míagblɔe bubui la, nusi koŋ gbɔ dɔmeɖui tsonae nye nuɖuɖu si me wodea amii ƒe anyimanɔmanɔ. Gake ne míatrɔ ɖe nya si ŋu míele nu ƒom tsoe ŋu la, nu ƒomevi etɔ siwo le atikutsetsewo kple amagbewo me dometɔ mamlɛtɔe nye nunyiame ŋutɔ, si nugbagbevi la ɖuna bliboe eye wòxɔa wo.

Vovototo vevi siwo le amagbe vovovowo dome la tsoa vovototo siwo le nu ƒomevi etɔ mawo ƒe agbɔsɔsɔ si sɔ me gbɔ.
Eyata vovototo vevitɔ si le gbe si bɔ kple atikutsetse domee nye be le tsãtɔwo me la, gbe ƒuƒue xɔ aƒe ɖe eme, gake atikutsetse ya nyea gbe ƒuƒu agbɔsɔsɔme si sɔ, si me nunyiame gbogbo aɖewo le eye tsi si sɔ le eme. Le xɔtuɖoɖo tɔxɛ si le...

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woƒe nuɖuɖumeŋusẽ kple woƒe nuɖuŋusẽ, afɔ eneawo te ŋu gbãa gbea hetutunɛ, ɖea nunyiame siwo mekaka ɖe eme boo o eye wonya susɔeawo ɖa le woƒe ŋutilã me. Aleae lã aɖewo te ŋu kpɔa nunyiame tso gbe ƒuƒu alo gbe me; tedzi te ŋu léa agbe ɖe te le dzogbewo dzi ʋetsuviwo dzi eye kposɔ te ŋu léa agbe ɖe te le gbe sesẽtɔwo kekeake dzi.

Míate ŋu aƒo nya ta vevi sia tso esia me be nunyiame siwo hiã be woatsɔ alé lãwo ɖe te la le amagbewo katã me, le amagbe aɖewo me koe wodzena le nɔnɔme si kaka me, le bubuwo me la, wosɔ gbɔ ŋutɔ. Dzɔdzɔmenuɖuɖu siwo me nunyiame le wu dometɔ aɖewoe nye walnut, almond, nukuwo, nukuwo, mɔli, karɔt, akɔɖu, weintsetse kple atikutsetse bubuawo katã, eye le ema megbe la, ke bubuawo, gbetikewo kple amagbewo va; ne míagblɔe bubui la, nuɖuɖu siwo tututu amegbetɔ xɔ le lã bubuwo ƒe nu me eye wòxɔe na eɖokui. Ke hã ɣesiaɣi si nuɖuɖu ƒuƒu ƒe nyabiasea va do mo ɖa la, ŋutsu ma ke ɖoa eŋu ŋukpemanɔmee be: “Aleke mawɔ aɖu ɖokuinye nuɖuɖu si woɖa manɔmee?” Nya si ŋu ŋukpe le wu si ame mate ŋu akpɔ le xexeame o, gake nublanuitɔe la, ame kuku ɖuɖu ƒe numame gbã ŋku na ameƒomea ale gbegbe be le nyateƒe me la, enye nusi ame akpa gãtɔ wɔa nui zi geɖe. Amesiwo si nuteƒekpɔkpɔ si hiã mele o la mele nɔnɔme aɖeke me be woakpɔ alesi gbegbe nu mawo sɔ gbɔe eye nunyiame le wo me o, eye agbɔsɔsɔ sue aɖe koe hiã be woatsɔ akpɔ míaƒe gbesiagbe nuhiahiãwo gbɔe. Le nye ŋutɔ nye nya gome la, exɔ ƒe geɖe hafi meva ɖo nyateƒea gbɔ. Gake maƒo nu geɖe tso esia ŋu emegbe.

Wokpɔa nunyiame mawo siwo le nɔnɔme si me woƒo ƒu ɖo le ati ƒe kutsetse me hã be wokaka ɖe eƒe aŋgbawo, eƒe aŋgbawo kple alɔwo me vie. Lã gã aɖe abe lãkle ene naa nunyiame eɖokui to atiwo ƒe aŋgbawo ɖuɖu me. Ne wodo ati ƒe aŋgba sue aɖe ɖe ati bubu dzi la, eɖea alɔwo eye mlɔeba wòtsea ku si sɔ kplii.
Esia ɖee fia kɔte be nu vevi siwo katã le vevie na atikutsetse aɖe ƒe wɔwɔme la le aŋgba la me.

Azɔ, nukawoe nye gɔmedzenu mawo? Woawoe nye atɔmawo, siwo woate ŋu abu be wonye nu suetɔ kekeake si womate ŋu ama le atikewo me o

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ƒe nu vevi aɖe si ate ŋu akpɔ gome le atike ƒe tɔtrɔ me, kple moleculeawo, siwo nye nu suesuesue siwo le nu alo nu vovovo siwo ate ŋu ana woanɔ agbe ɖe vovo le dzɔdzɔme nu. Numiemie siwo katã woate ŋu aɖu la nye nu ɖeka kloe, to agbɔsɔsɔ kple ɖoɖo vovovo siwo me wowɔa nu vovovowo le, siwo to vovo tso wo nɔewo gbɔ le nɔnɔme, amadede kple vivi me. Gakpe ɖe eŋu la, clove kple alẽ la sɔ pɛpɛpɛ. Ne wotsɔ clove de alẽa ƒe dɔme la, etrɔa eƒe molecule ƒe wɔwɔme eye wòzua alẽ.
Nusɔsɔ ma tɔgbe le atikutsetsea kple amegbetɔ dome.

Amagbewo kple lãwo ƒe agbenɔnɔ katã menye naneke wu wo nɔewo ɖɔliɖɔli mavɔ o kple atɔmwo ƒe tsatsam. Afisiae nukunu gã kple dzɔdzɔme la ɖo kpe eɖokui dzi le. Míetsɔa nuku ɖeka si lolo wu pin ƒe ta ƒua gbe ɖe anyigba. Le ʋɛ aɖewo megbe la, emie vivivi, emegbe eɖea alɔwo kple aŋgbawo, eye le ɣeyiɣi si sɔ me la, etsea ku. Emegbe wotrɔnɛ wòzua nyitsu, sɔ alo amegbetɔ si nɔa tsa ɖim le xexe sia me hena ɣeyiɣi aɖe eye emegbe wòtrɔa eƒe atɔmwo ɖe Anyigba dzi.
Afimae le ɣe ƒe keklẽ ƒe ŋusẽkpɔɖeamedzi si naa agbe la te la, wogagbɔa agbe atɔm mawo tututu, wogbɔa agbe yeye ɖe wo me eye wogatrɔa wo zi ɖeka zua numiemie kple lã mawo ke, be woayi nuwɔwɔ ƒe tsatsam siwo seɖoƒe meli na o dzi zi gbɔ zi geɖe.

Gake hafi wòate ŋu adzi nu gbagbe aɖe la, ele be amagbewo ƒe ŋutilã nade blibo eye wòanɔ AGBE. Gawu la, mesɔ gbɔ kura be nuɖuɖua nanye agbe dzro aɖe ko o; ele be amagbewo ƒe nunyiame deblibo la nanye DƆWƆWƆ eye MENYE AMESIWO WOKPƆNA O.

Nuteƒekpɔkpɔ ɣeyiɣi didi aɖe ɖee fia mí be xevi siwo le atɔ me ƒe dzi medzea eme o nuku ƒuƒu ɖeɖeko. Wotsɔa woƒe nuku ƒuƒuwo biaa nuɖuɖu yeye aɖewo hã. Nuku mawo ƒe ƒomevi tɔxɛ alo nuɖuɖu yeyea mele vevie boo o. Woate ŋu akpɔ nunyiame deblibo ne wotia nuku alo nuku ƒomevi aɖe eye wotsɔ amagbe ƒe atikutsetse yeye ƒomevi ɖesiaɖe kpe ɖe eŋu.

Nyateƒenya sia na míeƒo nya ta vevie be nuɖuɖu si de blibo wu la megade blibo o ne eƒu vie vɔ. Ɣe ma ɣi

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aleke míate ŋu abu nu mawo siwo dona tso dzodoƒewo, nuɖaƒewo kple mɔ̃ siwo le ɣli dom ƒe aɖuwo me be wonye nunyiame?

Ke hã, megblẽa nu le lãwo ŋu vevie ne womeɖu nuɖuɖu yeyewo le wo si le dzomeŋɔli ɣleti ʋɛawo me o.
Elabena woawoe ɖoa gbɔdzɔgbɔdzɔa teƒe le kele kple dzomeŋɔli, esime dzɔdzɔmenuwo katã gagbɔa agbe. Dzɔdzɔme na agbenɔnɔ ma zu numame na wo. Nuku ƒuƒuwo, nukuwo kple nukuwo nye nuɖuɖu gbagbewo vavã, gake wole nɔnɔme si me womewɔa dɔ le o eye womedɔa alɔ̃ o me. Dzɔgbenyuietɔe la, woate ŋu anyɔ wo, awɔ dɔ eye woatrɔ wo woazu nunyiame deblibowo bɔbɔe ne wotsɔ wo de tsi me eye wotsɔ wo de ya fafɛ me ŋkeke ɖeka alo eve. Eyata to nuku siwo mie (siwo wowɔ dɔ) ɖeɖeko ɖuɖu me la, mɔnukpɔkpɔ sua amegbetɔ si be wòakpɔ nunyiame deblibo le ƒea ƒe ɣeyiɣiwo katã me kple Anyigba ƒe dzogoe ɖesiaɖe dzi. Emegbe ate ŋu azã nuɖuɖu yeye akpe geɖe susɔeawo atsɔ ade nuɖuɖu vovovowo eƒe nuɖuɖu me eye wòana agbea navivi wu.

Agbe nye ŋusẽ & nu ƒe ɖoɖowɔwɔ. Ne míedi be míawɔ mɔ̃ aɖe la, míeƒoa akpa siwo katã hiã la nu ƒu ɖe nɔnɔmetata la nu, eye ne wonya wu nya mamlɛtɔa nu ko la, mɔ̃a wɔa dɔ. Wotsɔ ŋkɔ na nu ma si naa amegbetɔ ƒe dɔwɔƒea ʊãna la be luʊɔ, si ne ewɔ ɖeka kple nu suesuesue bubuawo katã la, ewua nugbagbe la ƒe wɔwɔme nu eye wòna wòdzea dɔwɔwɔ gɔme.

Protein Tɔxɛwo, Vitaminwo kple... Tomenukunuwo Kple Nunyiame Ðekaɖekawo Katã Mele Be Aganye Nusi Dzi Woanɔ Aɖo Tso Dzeɖoɖo Me O

Le akpa mamlɛtɔ me la míekpɔe be amagbe siwo katã woate ŋu aɖu ƒe ŋutilãwo nye nu mawo ke, eye be vovototo siwo le woƒe atike kple dzɔdzɔmenunɔamesiwo me tso woƒe wɔwɔme kple molecule ƒe wɔwɔme ƒe vovototo gbɔ. Nublanuitɔe la, nugbagbeŋutinunyalawo ŋe aɖaba ƒu nyateƒenya sia si ŋu womate ŋu ake ɖi le o dzi eye wotu woƒe dzɔdzɔmeŋutinunya bliboa ɖe nu vovovo siwo me kɔ siwo ŋu woke ɖo le nuɖuɖuwo me dzi. Esi nusiwo ŋu woke ɖo le woƒe nudokpɔƒewo mu aha ta la, womiã ŋku ɖe dzɔdzɔmenudokpɔƒe wɔnuku ma si míetsɔa nuku sue aɖe si le sue ale gbegbe la yinae la ŋu

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womate ŋu akpɔ kple ŋku kura o eye wotsɔa nuɖuɖu siwo de blibo wu siwo akpɔ mía ƒe nugbagbevi ƒe nuhiahiãwo katã gbɔ le go sia go me la ɖoa wo ŋkume, le kwasiɖa υε aɖewo megbe. Gake wotsɔa dzɔdzɔmenu gbogbo mawo ƒua gbe alo wotɔa dzoe hetsrɔ̃nε, eye le ema megbe la, wodzraa nu kuku aɖewo siwo ɖi wo le didiƒe υĩ la ɖo, le woƒe nudokpɔƒe wɔnublanuiawo me. Wotsɔ ŋkɔ kple xexlẽdzesi vovovowo dea bubu atike siawo ŋu azɔ, eye wozãa wo tsɔ gblẽa nu le woawo ŋutɔ ƒe ŋutinuwo kple wo vi maɖifɔwo tɔ ŋu le gɔmedzedzea me.

Eyata esi wokpɔ nu vovovo geɖe le weintsetsewo me ta la, wogblɔ be be nu mawo tɔgbe kple esiawo le weintsetsewo me, abe ɖe nu bubu aɖeke mele wo me o ene. Wowɔa nu ma ke le dzɔdzɔmenuɖuɖuwo katã kple esiwo menye dzɔdzɔmenuɖuɖuwo o gome, eye wokafu nuɖuɖu siwo me woate ŋu akpɔ nu mawo dometɔ aɖe le la na mí be woanye nunyiame si wona la tsoƒe. Le nukpɔkpɔ kpui ma ta la, woɖea nuɖuɖu siwo gblẽa nu wu la fiana be wonye nunyiame siwo da sɔ bliboe eye wowɔa

Đeko nàtsɔ pɛnsil eye nàŋlɔ nusiwo nugbagbeŋutinunyalawo ke ɖo le nuɖuɖu siwo woate ŋu akpɔ tso nyitsu me: nyilã, aklã, ahɔhɔ̃, dzi, notsi, anyitsi kple cheese. Azɔ mina míakpɔe ɖa be woate ŋu ade dzesi nu mawo katã le clover, gbe alo todzigbe siwo bɔ me le nɔnɔme ɖeka me hã. Nyateƒee, menye nenemae o. Ke hã ame aɖeke mate ŋu agbe nyateƒe si wònye be nu xoxo siwo yia nyitsu ƒe ŋutilã wɔwɔ me la nye numiemie mawo tututu o; si fia be gbe mawo mee nyitsu bliboa dzɔna keŋkeŋ. Ne míebu lãwo ƒe nuɖuɖu be wonye nunyiame si sɔ bliboe na lã ɖula la, ke esi nunyiame ƒe asixɔxɔ sɔ kple lã lénu aɖe ƒe kuku bliboa si ƒe ŋutigbalẽ, ƒuwo, υu kple ŋutilã, eye gawu la, ne eƒe lãmenugbagbevi gbagbewo katã me gblẽ o tae va ɖo gbea tɔ dzi. Gake asixɔxɔ kae le notsi, bɔta alo lã ŋu ɖe vovo? Wo dometɔ ɖesiaɖe ƒe asixɔxɔ ƒe akpa sue aɖe si seɖoƒe meli na o le gbe bɔbɔe ƒe asixɔxɔ me eye nenye be ele nɔnɔme si me womewɔa nu le o me ko. Le nusiwo susɔ tso nu mawo me nunyiame siwo susɔ le wo ɖaɖa vɔ megbe gome la, mehiã be woado wo ɖe ŋgɔ o. Eyata neva eme be míakpɔ nunyiame vavãtɔ si le notsi alo lã, si ŋu ame tsεwo kafu ƒe alafa geɖe la adze sii! Eyata neva eme be míadrɔ̃ υɔnu asixɔxɔ ŋutɔŋutɔ si le boblododo mawo katã siwo ɖoa atsyɔ̃ na notsi ƒuƒu ƒomevi manyaxlẽwo ƒe gowo kple gazewo ŋu.

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Dzɔdzɔenyenye bia be tso fifia dzi la, woahe boblododo mawo kakalawo vɛ eye woahe to na wo vevie, elabena ɖevi miliɔn geɖe ƒe ku ƒe agbanɔamedzia le woƒe abɔta tẽ.

Melɔ̃ ɖe edzi be amegbetɔ tsia dzi tegbee be yeasrɔ̃ nu yeyewo, yeage ɖe dzɔdzɔme ƒe nya ɣaɣlawo me, be yeakeke yeƒe sidzedze ƒe didime ɖe enu. Ele vevie ŋutɔ be dɔwɔƒe aɖe tɔ ɖesiaɖe nanya nu xoxo siwo hiã na eƒe dɔwɔƒea ƒe nya ɣaɣlawo.

Na numekulawo natsɔ woƒe numekukuwo ade woƒe nudokpɔƒewo ƒe gli eneawo me vaseɖe ŋkekea dzi, esime woakpɔ dzidzedze le numiemie aɖe dodo me tso nuku si me wotsɔ nusiwo wowɔ le woƒe dɔwɔƒewo katã wɔe me. Ekema woƒe nunya asɔ kple dzɔdzɔme nunya. Gake nuku mawo yɔ míaƒe xexeame fũ xoxo, siwo dzi míato akpɔ nunyiame si sɔ wu si akpɔ míaƒe nugbagbevi ƒe nuhiahiã veviwo katã gbɔ. Nunyiame ma mekpɔa gbɔdzɔgbɔdzɔ sue aɖeke o.
Nu aɖeke mehiã le eme o; nu aɖeke megahiã o; akɔntabubu siwo de pɛpɛpɛ wue wotsɔ ɖoa eƒe nyonyome, eƒe agbɔsɔsɔ kple eƒe dɔwɔwɔ.

Wogblɔna na mí be míaɖu protein, elabena protein nyo na lãmesẽ. Gake agbɔsɔsɔme kae wòle be míaɖu? Ðe xexlẽme aɖe li si dzi ame geɖe da asi ɖo le míaƒe gbesiagbenudidiwo ŋua? Briks hiã na xɔtutu, gake kakaɖedzitɔe la, míate ŋu aƒo anyikpewo nu ƒu vovototomademadeameŋutɔe alo atsɔ wo aɖo wo nɔewo dzi aŋɔ aɖeke manɔmee o.

Mɔ̃ɖaŋudɔwɔla yeyewo va ɖe afɔ ɖe fefewɔƒea. Woʊu le woƒe aƒewo me dɔwɔƒe sesẽ geɖe ƒe mɔ̃ɖaŋudɔwɔla bibi eye fifia wodi be yewo ŋutɔ yewoalé be na dɔwɔƒe mawo ahawɔ wo ŋudɔ.
Nu xoxo kakɛ siwo woƒo ƒu ɖe vome la le afisiafi.
Wo dometɔ ɖesiaɖe tsɔa nusianu si dzi wòate ŋu atsɔ asi bɔbɔe aɖoe la le vo me eye wòtsɔa nuɖuɖu yia dɔwɔƒea. Ðeka tsɔa kpewo vɛ, bubu tsɔa gayibɔ vɛ; etɔ̃lia tsɔa anyi, enelia tsɔa tsi. Woƒoa nusiawo katã nu ƒu ɖekae kple ɖoɖo alo aɖaŋu aɖeke si woɖo ɖi o, eye emegbe woyina ɖaxɔa geɖe wu.
Nu gbogbo aɖewo siwo me agbe le kple esiwo me agbe mele o wɔa woƒe...

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dzedzeme. Ame aɖe tsɔa nu aɖe si ƒe asiʋlo ɖeka naa nuɖuɖu mɔ̃a, hegblɔna be eɖea vi; bubu tsɔa nu evelia si yɔe fũu yɔa eme, eye wògblɔna be egaɖea vi wu. Aleae amesiame tsɔa nusianu si wòsusu be ele abe eƒe nu xoxo siwo sɔ ƒe akpawo ene la ƒoa xlã dɔwɔƒea. Wowɔa dodokpɔwo, dodokpɔ siwo nuwuwu meli na o. Le go ɖeka me la, bometsila gbogbo aɖewo de dzo nu xoxo mawo me; le go bubu me la, amesiame le du dzi be yeafɔ nusiwo susɔ siwo yeate ŋui tso aŋɔ si le dzudzɔ tum la me atsɔ wo ade dɔwɔƒea ƒe nugbɔ me.

Le dzɔdzɔme nu la, dɔwɔƒea dzea dɔwɔwɔ gɔme le mɔ si mesɔ o nu. Zi alesi wòsɔ gbɔe ne dɔwɔƒea mewɔa dɔ edziedzi o la, zi nenemae eŋutinunyala siawo siwo le tsitsim la dzia woƒe agbagbadzedzewo ɖe edzii. Woƒua du yia afisia kple afima be yewoadi mɔnu yeyewo kple nu yeyewo. Le ʊunyaʊunyawɔwɔ ma me la, wotua afɔ, gblẽa alo tɔa dzo atike vevi siwo le nu xoxoawo me, nusiwo le sue akpa ɣeaɖewoɣi be woade dzesii. Ne wokpɔe be yewoƒe agbagbadzedzewo meɖe vi aɖeke o eye dɔwɔƒea ƒe nɔnɔme va le gbegblẽm ɖe edzi vivivi la, wogayia gbea dzi yia ŋgɔ wu eye wokpɔa nu yeye kura siwo me kadodo aɖeke kura mele kple dɔwɔƒea ƒe nu xoxowo o, eye dze agbagba be yewoawɔ ɖoɖo ɖe yewoƒe dɔwɔƒea ƒe dɔwɔwɔ ŋu to woƒe kpekpeɖeŋu me. Nu yeye mawo dometɔ ɖeka tsia dɔwɔƒea ƒe ɣlidodo nu hena ɣeyiɣi aɖe, bubu xea mɔ na eƒe ɣlidodo si me woɖea nu le, etɔ̃lia nana mɔ̃ aɖewo ƒe dɔwɔwɔ ƒe duƒuƒu dzi ɖena kpɔtɔna, evɔ enelia ya to vovo na ema la, nana wogawɔa dɔ kabakaba ɖe edzi. Tɔtrɔ siawo dzena dzesi nyuiwo na wo; woti kpo le dzidzɔ ta eye woƒoa asikpe abe ɖevi suewo ene, eye emegbe woyia edzi dia nusiwo "sesẽ wu eye wowɔa dɔ nyuie wu". Ɣeaɖewoɣi la, dɔwɔƒea ƒe akpa aɖewo dzudzɔa dɔwɔwɔ kura alo wowɔa dɔ le mɔ si mesɔ o nu ale gbegbe be wodea woƒe afelikawo ƒe dedienɔnɔ afɔku me. Ɣemaɣie ŋutsuwo ɖea woƒe aɖaŋu gãtɔ kekeake fiana. Wotsɔa aɖaŋu ɖea akpa mawo siwo "viɖe mele o" la ɖa hetsɔa wo ƒua gbe.

Mewɔ nuku o be agbagbadzedze mawo katã wu enu ɖe kpododonu kura me eye wotsɔa dɔwɔƒeawo ƒua gbe ɖe wo nɔewo yome le dɔ me kaba akpa. Gake mɔkpɔkpɔ mebuna le mɔ̃ɖaŋudɔwɔla siwo le manyamanya me o.

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Woyia edzi le woƒe dodokpɔ siwo me mɔkpɔkpɔbuɖeame le me, eye wogbea ŋkuɖoɖo dɔwɔƒe mawo ƒe mɔ̃ɖaŋudɔwɔla ŋutɔŋutɔ, woƒe nɔnɔme, si wogbe la dzi.

Womewɔa amegbetɔ ƒe ŋutilã tsɔtsɔ sɔ kple dɔwɔƒe atraɖii le kpɔɖeŋunyagbɔgblɔ nu o. Elabena amegbetɔ ƒe ŋutilã nye dɔwɔƒe abe dɔwɔƒe bubuwo katã ene vavã, vovototo siae nye be esesẽ wu dɔwɔƒe dzro aɖe ŋutɔ eye eƒe akpawo le sue ale gbegbe be wo dometɔ akpa gãtɔ nye esiwo amegbetɔ mate ŋu akpɔ o eye womate ŋu ase wo gɔme o.

Abe alesi mɔ̃ɖaŋudɔwɔla siwo le etame ene la, míaƒe nugbagbeŋutinunyalawo hã wɔa dodokpɔwo ɖe amegbetɔwo dzi to dɔwɔnu dziŋɔtɔ kekeake siwo le wo si dzi, to nuɖuɖu siwo mebɔ o wu ɖesiaɖe dzi, to atike vovovo siwo wowɔ kple aɖi wuame siwo katã ameƒomea nya dzi. Wotaa xexlẽdzesi siwo nuwuwu meli na o siwo me nusiwo ƒe ŋkɔwo nuwuwu meli na o le eye wokplɔa amewo trana kple woƒe kafukafunya siwo flua ame. Wo dometɔ ɖesiaɖe doa susu ɖa le nusi wòdi, wo dometɔ ɖesiaɖe gblɔa nusi vaa susu me nɛ, wɔa nu le vome, le asibidɛ ƒe se nu.
Woyɔa agbalẽ babla akpe geɖe me eye wotsɔa wo yɔa xexeame katã, woɖea dziɖegbe le radio dzi, wotaa boblododowo ɖe nyadzɔdzɔgbalẽwo me.
Gake nusianu si wowɔna la nye alakpa, nya sia nya si wogblɔna la tsi tre ɖe wo nɔewo ŋu. Wotsi tre ɖi na nusi gblẽa nu wu be eɖea vi ŋutɔ, gake wode se ɖe nusi le vevie la zazã nu. Le welter kple tɔtɔ ƒe tsakatsaka sia me la, agbalẽŋlɔlawo ŋutɔ ƒoa asi ɖe ɖikeke kple nyametsotsomawɔmawɔ ƒe adzame, esime woƒe nyaselawo tɔtɔ eye wotɔtɔ.

Le ɣeyiɣi sia me la, ʋuunyatɔe la, amesiwo te ɖe mía ŋu wu la dzona le agbe sia me le miliɔn geɖe me, dzodzro hafi woƒe ɣeyiɣi nyuitɔ naɖo.

Mele kuku ɖem na ame ŋkutawo katã le xexeame katã be woado go ƒe ɖekematsɔleme kuviatɔ ŋu nenye be woawo ŋutɔwo kple woƒe ƒometɔwo ƒe lãmesẽ ta koe. Mina woawɔ ɖeka kplim ale be míatsɔ míaƒe ɖekawɔwɔ ƒe ŋusẽ aʋu ameƒomea ƒe ŋkuwo, atrɔ asi le nunyiame ƒe nɔnɔme gbegblẽ siwo li fifia ŋu eye míatɔ te amewuwu dziŋɔ mawo.

Mía dometɔ ɖesiaɖe naʋu ŋku eye wòalé ŋku ɖe ŋukpenanu dziŋɔ siwo doa ŋukpe egbegbe dekɔnuwo ŋu nyuie. To nɔnɔme gbegblẽ si míaƒe dzɔdzɔmeŋutinunyalawo xɔ me la, viɖekpɔlawo kple nususugblɔlawo tsɔ afɔ ɖe dɔa me. Wodoa boblo nuɖuɖu siwo gblẽa nu wu eye wotrɔ asi le wo ŋu vevie la faa be wonye vitamin dzɔtsoƒe geɖe eye wonye...

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wodzrana na dukɔa gaglãa. Wo dometɔ aɖewoe nye bisiklet, nu viviwo, aha fafɛwo abe Coca-Cola kple limonade, lã siwo ƒu, notsi ƒuƒu kple nuɖuɖu vovovo akpe geɖe, siwo me nunyiame vevitɔ kekeake siwo le wo me la le wo si keŋkeŋ eye vevietɔ be woate ŋu ahe dɔlélewo vɛ ahawu amewo. Woƒoa nusiwo doa dzidzɔ na ame wu nu ƒu tso afisia kple afima, wotsaka wo ɖekae, wotsɔa wo dea gazewo kple kakɛwo me, wotsɔa aƒemelãwo ƒe ŋkɔ siwo dze abe dzɔdzɔmeŋutinunya tɔ ene ƒe ʊeʊẽ didi aɖe dea wo dzi eye wodzraa wo na dukɔmevi siwo mexɔa se o be wonye "nuɖuɖu n
Wodzra egbegbe atikewɔwɔ ale gbegbe be ame ŋutɔ ƒe nudokpɔƒewo xea dɔ si nye 50 le alafa me na ɖɔktawo le ga si wobia tso dɔnɔ siwo woɖo ɖe wo ta la ta. Ele be ame nakpe babla alafa geɖe ɖo ne ame aɖe di be yeagblɔ nufitifitiwɔwɔ siwo katã le egbegbe xexeame ƒe nɔnɔmetata tsitotsito. Fifia la, nyemele ɖiɖim ɖe eme be mawɔ dɔ ma o.

Le ɣeyiɣi ma ke me la, nugbagbeŋutinunyalawo kpɔa vitamin aɖe koŋ le woƒe numekukuwo me. Le ɣeyiɣi kpui aɖe megbe la, wova kpɔe be menye atike bɔbɔe aɖee wònye o, ke boŋ nu blaeve aɖewo ƒe ƒuƒoƒo si wowɔ wònya kpɔ ŋutɔ, eye wotia ŋkɔ na wo dometɔ ɖesiaɖe. Vivivi la, wodea dzesii be vitamin aɖe meɖea eƒe ŋusẽ fiana ne ame bubuwo meli o, alo wodea dzesii be ne wotsɔe de nugbagbevi la me la, etrɔna zua bubu kple bubuawo.

Dɔ si vitamin siwo wowɔ kple asi wɔna ɖe amegbetɔ ƒe nugbagbevi dzi la dzena ƒã eye wòtsi tre ɖe wo nɔewo ŋu. Ŋutsuwo tsɔa aƒe aɖe ƒe anyikpewo dana ɖe fli ɖeka dzi aŋɔ aɖeke manɔmee eye emegbe be woate ŋu aɖɔ vodada ma ɖo la, wodzraa aŋɔ si bɔbɔ ɖe anyi wu ƒe agba gã aɖe ɖo hekɔnɛ ɖe xɔa dzi zi ɖeka. Esi aŋɔ ma léna ɖe anyikpeawo ƒe gota gome ta la, ekpɔa xɔa ta tso ya kple tsidzadza me hena ɣeyiɣi aɖe, gake megena ɖe anyikpeawo dome ƒunukpeƒewo o eye le nyateƒe me la, meɖoa xɔa ƒe akpa emametɔwo gbɔ gbeɖe o. Ɣeaɖewoɣi la, wozãa aʋatsotu ma ƒe agbɔsɔsɔ si gbɔ eme; emegbe ɖeko xɔ ɖesiaɖe si ƒe gɔmeɖoanyi ʊuʊu vie la mu. Esia tututue dzɔna ɣeaɖewoɣi le vitaminawo dodo me, esime dɔnɔa kuna le atikeawo dodo vɔ megbe teti. Aleke ame aɖe ate ŋu atsi tre ɖi na nusi ƒe agbɔsɔsɔ suetɔ kekeake wua ŋutsu si le eme abe nunyiame ene

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aɖabaƒoƒo atɔ̃ tso esime wòge ɖe amegbetɔ ƒe ŋutilã me? Ɣekaɣie amegbetɔwo ƒe susu ava eye woaɖe asi le bometsitsi mawo ŋu? Togbɔ be ŋutsuwo do kpo nu, dziɖeleameƒo kple dzɔgbevɔ̃e gbogbo aɖewo hã la, woyia edzi nɔa woƒe mɔ si me vodada le eye wògblẽa nu le ame ŋu la dzi, eye wogbea afɔɖeɖe ɖeka pɛ hã be yewomagbugbɔ ɖe megbe o.

Agbalẽ yeyewo dzena ɣesiaɣi; wotsɔa ŋkɔ yeyewo kple kafukafunyawo kpena ɖe xoxoawo ŋu ɣesiaɣi eye aɖi ƒe tsiɖɔɖɔ si nuwuwu meli na o sina tso dɔwɔƒewo yia amegbetɔwo ƒe ŋutinuwo me vivivi. Abe alesi wòle ene la, woŋlɔ babla akpe geɖe tso nunyiame kple nyati siwo do ƒome kplii ŋu, eye wo katã ƒe nukpɔsusu kple nukpɔsusu to vovo, nyatakaka kple nyatakaka tɔxɛ vovovowo, xexlẽdzesiwo kple kplɔ̃ vovovowo

Mina míatsɔe vie be agbalẽ siwo woŋlɔ tso ame ɖekaɖekawo ŋu vitaminwo kple nunyiame bubuwo, nunyiamewo ŋuti aɖaŋuɖoɖowo kple nuɖuɖu tɔxɛwo ƒe xexlẽdzesiwo katã nye nyateƒe. Ekema míate ŋu abia mía ɖokui be ɖe esiae nye amegbetɔ ƒe nunyiame ƒe ɖoɖo si wɔa dɔ vavã eye ɖe amesiwo di be yewoanɔ xexe sia me la le hiahiã wɔnublanui si nye be ele be woasrɔ̃ agbalẽ mawo katã ɖe tame la te hã. Ekema nukae adzɔ ɖe ame miliɔn geɖe siwo le towo kple baliwo me, le kɔƒe kple kɔƒe siwo le didiƒe ʊĩ me, eye mɔnukpɔkpɔ aɖeke mele wo si be woanya nuɖuɖu ƒe xexlẽdzesi kple kplɔ̃ mawo tɔgbe o la dzi? Ðe wòle be woaku

Ao, xɔlɔ̃ nyuiwo, nyɔ tso miaƒe ɖekematsɔleme ƒe alɔ̃dɔdɔ me, elabena menye emae nye agbenɔnɔ si woɖo ɖi na amegbetɔ o. Agbe ma tɔgbe menye agbe kura o vavã; enye drɔ̃e baɖa aɖe. Ele be míahe tɔtrɔ blibo kple enumake vɛ le míaƒe nɔnɔme ɖe nunyiame ƒe kuxiwo ŋu me. Ele be woadzudzɔ agbalẽ siwo ku ɖe nunyiame ɖekaɖekawo kple nuɖuɖuwo ŋu eye woadzudzɔ vitamin kple atike siwo me aɖi le siwo katã woŋlɔ na amewo zi ɖeka.

Mɔ ɖeka koe li si dzi míato aɖe ameƒomea tso drɔ̃e baɖa ma me zi ɖeka ɖe ɣeyiɣiawo katã nu, eye eyae nye be míahe tɔtrɔ gã aɖe vɛ le míaƒe agbenɔnɔ kple míaƒe nunyiame ƒe nɔnɔmewo me. Ele be woatrɔ numame siawo le mɔ si ana nunyiame ƒe ɖoɖo nyuitɔ natsaka kple amegbetɔ ƒe agbenɔnɔ ahawɔ ɖeka. Ekema tiatia si woawɔ le nunyiame ɖekaɖekawo dome magawɔ dɔ aɖeke si ŋu viɖe le o eye amewo magabu nuɖuɖu tɔxɛwo ŋu azɔ o. Alea gbegbe koe da sɔ bliboe

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ele be woadzra nuɖuɖuwo ɖo ɖe aƒeme abe alesi nunyiame ƒe agbɔsɔsɔme sɔ ene; ne míagblɔe bubui la, ele be nuɖuɖu siwo amegbetɔ ɖuna dometɔ ɖesiaɖe nanye nunyiame blibo le eɖokui si.

Mele be nuxlẽlawo nasusui be esesẽ ŋutɔ be woakplɔ ameƒomea katã o le mɔ wɔnuku ma dzi. Ðeko wòdze abe nenemae wòle le gotagome ene. Esi nye ŋutɔ meto eƒe akpawo katã me ta la, menya be, le esi teƒe be wòasesẽ la, enye dɔ bɔbɔe aɖe ŋutɔ, si ŋu mele klalo be matsɔ nye ɣeyiɣi kple ŋusẽ katã awɔ.

Ele be míawɔ nɔnɔme siwo ana kesinɔtɔwo kple ame dahewo, ame gãwo kple ame suewo, agbalẽnyala kple ame tsɛwo siaa nanɔ agbe si me lãmesẽ le evɔ agba manɔ mía dzi ɣesiaɣi be míatia nuɖuɖu siwo woɖuna dzizizitɔe la te. Ekema míaƒe vivisese, si ƒe didiwo kple didiwo anye míaƒe mɔfiala si mewɔa vodada o le dzɔdzɔmenuɖuɖuwo tiatia me lae atso nya me le nuɖuɖu tiatia ŋu.

Le nyateƒe me la, ɖewohĩ míabia mía ɖokui be nuka dim nugbagbeŋutinunyalawo le kple nuka hã woƒe taɖodzinu vevitɔe nye. Ðewohĩ woawo ŋutɔwo mebu woƒe taɖodzinu mamlɛtɔ ŋu nyuie o, gake magblɔe na wo. Wole agbagba dzem be yewoanya nusiwo ƒomevi míaƒe ŋutilã hiã be wòate ŋu anɔ agbe le lãmesẽ me. Wodi be yewoanya alesi vitamin ɖesiaɖe kple mineral ɖesiaɖe si le míaƒe nugbagbevi me wɔa dɔ nyuie. Wokpɔe be vitamin aɖe doa ŋusẽ míaƒe tsitsi, bubu kpɔa mía ta tso dɔlékuiwo me, etɔ̃lia doa ŋusẽ aɖuwo, kple bubuawo. Gake le esi teƒe be woatsɔ wo ɖokui ade kuxi mawo katã me la, ɖe manyo wu ne woɖi tsa yi Afrika ƒe avetsuwo me zi ɖeka ko eye wobia sɔ siwo le afima be calcium-tike ka ƒomevie yewono tsɔ de nyiɖu sesẽ, alo protein ƒomevi kawoe o woɖu wo tsɔ ƒo woƒe agbɔsɔsɔ gã la nu ƒua?

Mina míatsɔe be le dɔ sesẽ wɔwɔ madzudzɔmadzudzɔe ƒe akpe geɖe megbe la, woɖoa woƒe taɖodzinu si dim wole la gbɔ mlɔeba. Emegbe woate ŋu ade dzesi nusiwo katã le lu ƒe nuku alo amagbe bubu aɖe me eye woase woƒe dɔwɔwɔ ɖesiaɖe gɔme tsitotsito le míaƒe nugbagbevi me. Gake nusi dim wole vevie nenema la le asi me xoxo eye wòle agbɔsɔsɔ gã aɖe me, hã. Woto esia me ɖo woƒe kɔkɔƒe

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taɖodzinu, taɖodzinu si tututu gbɔ womate ŋu akpɔ mɔ be yewoaɖo le yewoƒe nudokpɔƒewo le ƒe gbogbo aɖewo megbe o. Nukae wogadi ɣemaɣi?

Gake mele be nuxlẽla la nasusui be nugbagbeŋutinunyalawo nye ame siwo si susu mele kura o. Susuwo le wo si be woawɔ nu abe alesi wowɔna ene eye le woawo ŋutɔ ƒe nukpɔsusu nu la, wonye susu sesẽ siwo ŋu kakaɖedzi le ŋutɔ. Elabena dzɔdzɔmeŋutinunyalawo nye "ame deŋgɔwo kple dekɔnutɔwo"; menye ŋutsu gbãtɔ siwo nɔa ave dovivitiwo me, alo nɔa lãhawo kple lãkpɔwo me o. Ekema aleke woawɔ aɖe asi le woƒe abolo ɣi, woƒe abolo viviwo kple abolo viviwo ŋu eye woatsɔ lu ƒuƒu ayɔ woƒe nu me, abe gbemelã gbãtɔwo ene? Enye nyateƒe ya be le lu blibo kple esi ŋu ɖiƒoƒo aɖeke mele o tɔtrɔ wòazu abolo ɣi alo abolomegba, negbe starch kple sukli kuku koe mele eme o la, eƒe nunyiame akpe ewoawo katã tsrɔ̃na, gake edze abe esia metsi dzi na wo o ene. Womeɖea mɔ na mí gbeɖe be míaŋlɔ be gbeɖe be starch kple sukli si me agbe mele o hã ƒe "viɖewo" le wo ŋu. Wonaa nuɖuɖumeŋusẽ si hiã be wòana dzoxɔxɔ míaƒe ŋutilã, esime míaƒe ŋutinuwo, lãkusiwo kple lãmekawo ƒe didiwo nyea "dzɔdzɔmeŋutinunya" ƒe nunɔamesi wɔnukuwo abe vitamin siwo wowɔ, mineral dzadzraɖo, alakpa lãmetsiwo kple ƒo wo katã ta la, aɖi gbogbo aɖewo, siwo ƒo ɖeka ta bubu le ŋusẽ kple ŋusẽ me.

Mlɔeba la, nukae adzɔ ɖe dɔwɔƒewo, kɔdziwo, ɖɔktawo, dɔnɔdzikpɔlawo, atikedzraƒewo, amekokodɔwɔnuwo kple mɔ̃ bubu siwo sɔ kplii dzi ɣemaɣi? Agbagba kawo gbegbee nye si womedze le wo ƒle me o eye dɔ sesẽ kawo gbegbee nye si womezã le wo tutu me o! Aleke woate ŋu agblẽ "dzidzedzekpɔkpɔ" mawo katã ɖi le lu maɖinu ma ta? Womate ŋu ade ŋugble le afɔɖeɖe sia tɔgbe ŋu gɔ̃ hã o, eye womate ŋu abu afɔɖeɖe ŋutɔŋutɔ hã ŋu o. Mehiã boo o ne ame akpe geɖe, ao, ame miliɔn geɖe ku le dzidɔ, kansa kple dɔléle bubuwo ta. Eteƒe madidi o, ele be amegbetɔwo naku aleke kee wòɖale o, eyata ɖe menyo na wo be woaku do ŋgɔ vie eye woaɖe wo ɖokui tso xexe sia ƒe fukpekpe kple fukpekpewo me oa? Viɖe kae le agbenɔnɔ vaseɖe ƒe 200 xɔxɔ me le xexe si me amewo yɔ fũu akpa abe alesi wòle ene me? Megawɔ nuku na wò be nàse be ame aɖewo li siwo si susu ƒe nɔnɔme sia le o. Woate ŋu agblɔe vavã be ameƒomea ƒe akpa gãtɔ, siwo ƒe ŋku gbã le ame kukuwo ɖuɖu ƒe numame ta la, bua tame nenema egbea. Gake mele gbeƒã ɖem na xexeame katã vevie be ELE BE AMEGBETƆWO KAtã

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ZÃ NUMIEMIEWO LE NUKPƆKPƆ KPLE NU GBƆGBƆ ME. ESIA NYEE DZƆDZƆME ƑE SEDEDE.

Ke hã, nyemegbe be le ɣeyiɣi ma katã me la, nusi ʋãa nugbagbeŋutinunyalawoe nye didi be yewoasubɔ ameƒomea o. Gake ne wokpɔ woƒe agbagbadzedzewo ƒe kpododonu la, ele be woatrɔ woƒe ɖoɖo si me afɔku le la ɣeyiɣi kpui aɖe manɔmee eye woadzudzɔ agbalẽ siwo katã ƒo nu tso nya mawo ŋu la tata zi ɖeka; ne menye nenema o la, woadze na dzidzime siwo gbɔna ƒe fiƒode godoo. Esi meƒo nyateƒenya kple xexlẽdzesi siwo katã tsi tre ɖe wo nɔewo ŋu siwo woakpɔ le agbalẽ siwo ku ɖe nunyiame ŋu me nu ƒu ta la, meku kpeɖodzi siwo li la me nyuie heda wo kpɔ eye meƒo nya ta vevitɔ be le nunyiame gome la, ele be ameƒomea katã nabu tame sɔsɔe eye nuɖuɖu ɖekae. Le nyataƒoƒo sia gome la, mele be ɖikeke alo tsitretsiɖeŋu aɖeke nanɔ anyi o.

Eyata esi wònye be agbalẽ siwo wota vaseɖe fifia siwo ƒo nu tso nunyiame ɖekaɖekawo kple nuɖuɖu tɔxɛ vovovowo ŋu wɔ woƒe dɔ ta la, ele be woaɖe wo katã ɖa le wo tata me ale be woƒe nufiafia siwo mesɔ o eye wotsi tre ɖe wo nɔewo ŋu nagatɔtɔ dukɔa ƒe susu o . Ne míagblɔe bubui la, ele be woaxe mɔ ɖe agbalẽ mawo katã siwo ƒo nu tso protein, carbohydrates, ami, vitamin kple mineral ƒe dɔwɔwɔ kple "viɖewo" ŋu. Nenema kee wòle be agbalẽ mawo katã siwo me afɔku le siwo me wodzea agbagba be yewoaɖo kpe edzi be nuɖuɖu aɖewo ƒe asixɔxɔ le nunyiame aɖe koŋ si le wo me me.
Ele be woabu agbalẽ mawo siwo me wo nuŋlɔlawo dzea agbagba be yewoaɖo kpe atikutsetse ƒomevi aɖewo ƒe nyonyome dzi ne wotsɔe sɔ kple bubuwo gɔ̃ hã be womehiã o. Ne mede ɖeke o la, woate ŋu awɔ numekuku siwo woawɔ le etsɔme ɖe dodokpɔ siwo woawɔ le xexeame katã ŋu be woatsɔ ana nyatakaka siwo hiã be woatsɔ anya alesi gbegbe nuɖuɖu ƒe hatsotso ɖeka ƒe tsitsi kple viɖe siwo le eŋu ne wotsɔe sɔ kple hatsotso bubuwo. Le kpɔɖeŋu me, woate ŋu awɔ numekukuwo atsɔ anya vovototo gã siwo le atikutsetsewo, nukuwo, nukuwo, nukuwo, amagbe damawo kple kewo dome, ne vovototo mawo li vavã.

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Tso fifia dzi la, ele be wòanye agbalẽŋlɔla, dzɔdzɔmeŋutinunyalawo, ɖɔktawo, nyadzɔdzɔŋlɔlawo kple amegbetɔ ƒe kpekpeɖeŋunalawo katã ƒe dɔ vevitɔ be woaɖe nusiwo dzɔdzɔmenunyiamewo ƒe gbegblẽ hena vɛ ƒe akpa ɖesiaɖe afia amehawo katã eye woaxlɔ̃ nu amewo be woabɔbɔ wo ɖokui ɖe sededeawo te nɔnɔme aɖeke manɔmee dzɔdzɔmenuwo ŋuti.

Ŋutilã Vavãtɔ Kple Aʋatsoŋutilã

Le nyateƒe me la, amesi ɖua nuɖuɖu siwo woɖa wòzu numame na la nye ame eve ƒe ƒuƒoƒo le ɖeka me; ŋutilã eve le esi. Ŋutilã gbãtɔ, si nye AME NYATEƑE lae nye ame vavã la ŋutɔ, amesi woyɔ be wòava to dzɔdzɔmenunyiame dzi eye dzɔdzɔmenunyiame gakpɔtɔ le edzi lém ɖe te. Woto nuɖuɖu siwo mele dzɔdzɔme nu o, siwo woɖa, siwo wowɔ kple asi dzi he ŋutilã evelia, si nye AKPAĐEKAAME la va li eye wòyi edzi le agbe ɖe nunyiame si mele dzɔdzɔme nu o ɖeɖeko nu.

Lãmenugbagbevi mawo katã siwo le amegbetɔ ƒe ŋutilã me siwo, esi wole lãmesẽ me, wole etɔxɛ eye wole dɔ wɔm ta la, woléa agbe ɖe te eye wònana ame nɔa eƒe afɔwo dzi la, wotua wo, naa nunyiame wo, wowɔa dɔ na wo eye wotsɔa dzɔdzɔmenuɖuɖuwo ɖɔlia wo keŋkeŋ. Emawoe nye lãmenugbagbevi siwo naa ŋusẽ lãmekawo, ɖɔa dzia ƒe tete ɖo, tsɔa ahɔhɔ̃a ƒe ʋuʋu yia ŋutilãa me eye wowɔa nusiwo dona le eme. Le lãmenugbagbevi siawo siwo tsi ŋutɔ la xa la, lãmenugbagbevi bubuwo hã li siwo ɖi lãmenugbagbevi dzɔdzɔewo le gotagome vie, gake le nyateƒe me la, woƒe wɔwɔme nye gɔmedzenu gãtɔ kekeake, mɔ̃ kple mɔnu si hiã na dɔ tɔxɛwo mele wo si o eye zi geɖe la, wogblẽna eye dɔléle le wo ŋu. Wodzia lãmenugbagbevi siawo, wodzia wo eye wodzina ɖe edzi bliboe le nuɖuɖu siwo mele dzɔdzɔme nu o kple esiwo gblẽ ƒe asixɔxɔ ta.

Le nuɖuɖu si woɖa ƒe numame na ƒe nugbagbe me la, ame ŋutɔŋutɔ mewɔa dɔ boo aɖeke o xɔ vavã. Le ame si le tsɛ wu gɔ̃ hã gome la, lãmenugbagbevi siwo mewɔa dɔ o ye le ŋutilãa ƒe akpa gã aɖe.

Lãmenugbagbevi alo ŋutinu ɖesiaɖe hiã lãmenugbagbevi siwo le dɔ wɔm kple esiwo le etɔxɛ ƒe xexlẽme aɖe, gake ne lãmenugbagbevi mawo ƒe kpeɖeŋutɔ si hiã la dzɔ ko la, lãmenugbagbevi bubuwo wɔwɔ le ŋutinu si wona me la nu tsona, .

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ne menye nenema o la, adzi ɖe edzi wòalolo akpa. Fifia, esi wònye be dzɔdzɔmenunyiame koe woyɔa lãmenugbagbevi siwo le dɔ wɔm, evɔ nuɖuɖu ƒe numame nana eƒe ŋutilã nakpɔ dzɔdzɔmenuɖuɖu agbɔsɔsɔme si hiã o ta la, enye agbanɔamedzi na ŋutinua be wòaxe mɔ ɖe nusiwo mehiã o si dona tso eme la nu eye wòana eƒe lolome nanɔ seɖoƒe si sɔ me to a lãmenugbagbevi siwo mewɔa dɔ o ƒe xexlẽme aɖewo siwo wowɔ tso nuɖuɖu siwo woɖa me. Lãmenugbagbevi siwo ŋu viɖe aɖeke mele o kple esiwo me dɔlékuiwo le alea bɔ ɖe nuɖuɖu zu numame na ame ƒe ŋutinuwo kple ɖoɖowo katã me, eye ƒuwo, ɖawo kple ta

Ke hã, ame aɖewo ƒe nugbagbevi gakpɔtɔ te ŋu wɔa avu kple nuɖuɖu siwo mele dzɔdzɔme nu o hena ɣeyiɣi aɖe. Nyateƒee, ɖeɖi tea eŋu ŋutɔ be yeaxe mɔ na alakpatɔ la ƒe wɔwɔ to nuɖuɖu ƒe dzodzro dzi ɖeɖe kpɔtɔ, dɔgbo ƒe dɔmawɔmawɔ nyuie, ʊuʊudedi, ʊuʊudedi, alɔ̃madɔmadɔ, taɖuame kple mɔnu bubu siwo sɔ kplii me. Ame siwo mekpɔa nu kpuie la bua afɔɖeɖe ƒe dzesi mawo be wonye nugbagbevi la ƒe gbɔdzɔgbɔdzɔ aɖe ƒe dzesiwo, eyata le esi teƒe be woadzudzɔ nuɖuɖu siwo mele dzɔdzɔme nu o ɖuɖu la, wodea wo zazã ƒe dzi ƒo geɖe wu be "woana nunyiame kple ŋusẽ" dɔnɔa. Eye ne le nuɖuɖu "siwo me nunyiame le" ƒe amedzidzedze atraɖii te la, avuwɔwɔ didi si xɔ ɣeyiɣi didi la va wu enu nublanuitɔe esi woɖu ame ŋutɔŋutɔ dzi la, wozia nugbagbevi la dzi be wòaɖe asi le eƒe tsitretsitsi sesĩe ŋu eye "wòatrɔ ɖe" nuɖuɖu mawo siwo mele dzɔdzɔme nu o ŋu. Esiae nye dzesi na alakpatɔ la dzidzi, eteƒe medidina hafi wòdzea nu ɖuɖu gɔme abe amegãxi ene eye wòtsina le mɔ si womate ŋu axe mɔ na o nu. Ke hã ame siwo mekpɔa nu kpuie la bua dzidziɖedzi sia be enye dzesi si ŋu kakaɖedzi le be ye

Le ɣeyiɣi aɖe megbe la, tsitretsitsi ma va gbɔdzɔ, eye egbea la, woɖo afisi wodzia vi gbogbo aɖewo ŋutɔ kple ŋutilã eve. Ðevi siawo tɔgbi dzea alakpatɔ la tutuɖo gɔme hafi wova xexea me gɔ̃ hã. Àte ŋu akpɔ alakpaŋutsua le afɔɖeɖe ɖesiaɖe me le nyɔnuwo ƒe akɔta kple afɔwo dzi, le ɖeviwo ƒe ŋgonu damiwo dzi, le ŋutsuwo ƒe akɔta kple kɔ siwo le dodom, kple teƒe bubuwo. Alakpatɔ la trɔa asi le ɖetugbui dzetugbewo ŋu le woƒe agbenɔɣi, exɔa ŋutete le ame tsitsiwo si le dɔwɔwɔ me. Egena ɖe amegbetɔ ƒe dzi, ayiku, ʊukawo, lãkusiwo kple lãkusiwo me eye wònana woƒe dɔwɔnawo tsia dzodzodzoe. Le nyateƒe me la, exɔa ŋutsu ŋutɔŋutɔ la ɖe eƒe asi me eye wòmiãnɛ vivivi heƒonɛ ɖe enu.

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Ne nuɖuɖu si woɖa ƒe numame na eƒe dɔwuame to atikutsetse aɖewo ɖuɖu me la, efia be le ɣeyiɣi si woɖo ɖi me la, ŋutsu ŋutɔŋutɔa ɖi ƒo bliboe eye nuɖuɖu megadzronɛ o. Gake alakpatɔ la mekpɔ gome aɖeke le dzɔdzɔmenunyiamea me kura o, eyata ebia eya ŋutɔ ƒe nuɖuɖu tɔxɛ fifia. Nusi na nuwo nye nublanuinya vevietɔ enye nyateƒe si wònye be etoa ame ŋutɔŋutɔ ƒe nu dzi ɖea eƒe didi gbegblẽwo fiana. Nuɖuɖu si woɖa ƒe dzodzro vevie nye lã wɔadã ma ƒe didi vevie eye kadodo aɖeke mele eŋu kple ame ŋutɔŋutɔ ƒe didiwo o. Dzodzro ma trɔna zua nutsuɖuɖu le ɣeyiɣi si me dzodzro vɔ̃ɖi eveawo, siwo nye numame kple dzodzro gbegblẽwo, wɔa ɖeka.

Afisiae ame ŋutɔŋutɔ, si mebua tame alo dea ŋugble aɖeke o, wɔa dɔ si nyɔa ŋu wu. Ewɔa dɔ sesĩe gbesiagbe, ekpɔa ga kple vevesese kple xaxa gãwo eye emegbe, kple vevesese kple xaxa si lolo wu la, etrɔa dzɔdzɔmenuɖuɖu siwo wòƒle kple eƒe ga si wòkpɔ kutrikukutɔe la wozua nusiwo gblẽa nu le ame ŋu, tsɔa wo dea eƒe ŋutilã me to etɔ dzi eya ŋutɔ ƒe nu, ɖua wo le eƒe nuɖuɖuto me, xɔa wo ɖe eƒe ʊukawo me eye wòtsɔa wo yina na lã wɔadã ma, eƒe futɔ sesẽtɔ kekeake, amesi wònyi henyia le eya ŋutɔ ƒe akɔnu eye wòtsɔa eƒe ŋutilã nyɔŋu la nɔa eƒe lãmeka siwo gbɔdzɔ la dzi ɣesiaɣi.

Le afisia la, ele be mabia nugbagbeŋutinunyala siwo kafua proteinwo eye wotsɔa alakpamɔkpɔkpɔwo ɖoa ŋusẽ si wosusu be vitamin siwo wowɔ kple asi ŋu, nenye be womekpɔa nublanui na ŋutsu kple nyɔnu mawo siwo nɔa ʊuʊum henɔa ʊuʊum esime wole zɔzɔm le ablɔdzi, eye ƒã hafi wote ŋu hea kpekpeme gã si le wo ŋu la ɖe ŋgɔ o alakpatɔ la le woƒe afɔ siwo gbɔdzɔ la dzi. Afikae ame mawo ƒe dzitsinya kple susu le? Ðe ami kple lã gbogbo mawo siwo ŋu viɖe aɖeke mele o menaa nuɖuɖu aɖeke wo be woabu tame oa? Le nyateƒe me la, lãmetutudɔ nye woƒe lãwo ƒe protein siwo "da sɔ bliboe" kple abolo ɣi "si woate ŋu aɖu" ƒe kutsetse. Ðeko nàdze agbagba axɔ abolo kple lã le ame dami mawo si, eye nàna nuɖuɖu wo hena ɣeyiɣi aɖe to dzɔdzɔmese vevitɔwo kekeake dzi, emegbe nàde dzesi alesi abosam ƒe ameha mawo ƒuna

Ne míebu alesi míate ŋu aɖe nusiwo mehiã o mawo ɖa bɔbɔe ŋu ŋutilã gbogbo aɖewo eye wòwɔa dɔ bliboe hayahaya to bɔbɔetɔ kekeake kple

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dzɔdzɔmemɔnu la, míate ŋu abia mía ɖokui nyuie be nukatae ame siwo de ŋgɔ le sukudede me la zãa mɔnu vovovo siwo me afɔku le eye gɔmesese aɖeke mele wo ŋu o, eye mɔkpɔkpɔ aɖeke manɔ wo si be yewoakpɔ dzidzedze o.

Menye lãmenugbagbevi siwo gblẽ koe le alakpatɔ la me o, ke boŋ tsi siwo mehiã o, ami, concretions, dze, aɖi kple nu bubu siwo gblẽa nu le ame ŋu, siwo ge ɖe ame ŋutɔŋutɔ ƒe dowo kple lãkusiwo katã me hekaka. Woyɔa dɔléle ɖesiaɖe, si to vovo na ema, be wòava nɔ alakpatɔ la ƒe lãmenugbagbeviwo me. Alakpatɔ la ƒe lãmenugbagbeviwo hã mee wodzia kansa le.

Dɔlélewo Dzɔna To Sewo Dzi Dada Me

Dzɔdzɔme

Nu eve koe ate ŋu ahe dɔwɔƒe aɖe ƒe gbagbã vɛ: eƒe anyimanɔmanɔ ƒe dadasɔ le eƒe nu xoxowo me kple nusiwo gblẽ le vome siwo tso gota. Nu bubu aɖeke mate ŋu anye nusi gbɔ wòtso o. Wosea nusiwo amegbetɔ ƒe nugbagbevi gblẽna le vome tso gotagome (fiã, abixɔxɔ, aɖi, kple bubuawo) gɔme bɔbɔe eye masɔmasɔ aɖeke mele mɔnu siwo woazã le wo dada me ŋu o.
Nusiwo gblẽ le gotagome siawo dometɔ aɖewo ate ŋu anye nusiwo atike siwo katã ame ŋutɔ zãna na nugbagbevi la, vitamin siwo wowɔ kple asi, mineral, aha sesẽ, nicotine, tii, kɔfi, kpakple aɖi gbogbo siwo wotsɔa nuɖuɖu si woɖa gena ɖe ŋutilãa me eye wodzraa wo ɖo ɖe ŋutinu ɖesiaɖe me.

Nu xoxo siwo wɔ ɖeka eye vodada aɖeke mele wo ŋu o koe na amegbetɔ nugbagbe nye numiemie ƒuƒu siwo dzɔdzɔme ɖo. Tɔtrɔ suetɔ kekeake si wowɔ le ŋutilã mawo ŋu fia be woagblẽ dɔwɔƒe si wona ƒe nu xoxowo ƒe ɖekawɔwɔ me; esia hã fia be woaɖe dɔwɔƒe ma ƒe dɔwɔwɔ nyuie ɖa; ne míagblɔe bubui la, efia dɔléle. Le ɖekawɔwɔ me kple dzɔdzɔmesewo la, ele be woabu esia be enye axiom, si ŋu mele be ɖikeke alo nukpɔsusu vovovowo nanɔ anyi le gbeɖe o.
Woyɔ amegbetɔ ƒe dɔwɔƒea ƒe nu xoxowo be NUÐUÐU.

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Dzɔdzɔmenuwo tsɔ akɔntabubu siwo sɔ pɛpɛpɛ wɔ nu xoxo siwo hiã na amegbetɔ ale gbegbe be ne míetsɔ weintsetse ƒe atikutsetse ɖeka de mía ƒe nu me la, atikutsetse sue ma gbãna hekakana ɖe nugbagbevi la katã me be wòakpɔ eƒe nuhiahiãwo katã gbɔ evɔ naneke mele eme o. Berry ma tua lãmenugbagbevi bɔbɔeawo ƒe gɔmedzedze ƒe wɔwɔme gbã, emegbe etua lãmenugbagbevi siwo to vovo la ƒe ememe mɔnuwo katã, naa nu xoxo siwo hiã na ewɔwɔ, ekɔa akpa siwo katã le eme la ŋu hedea ami wo eye wòwɔa esiwo gblẽ la yeyee, exɔa ame tsitsiwo teƒe kple lãmenugbagbevi siwo ŋu ɖeɖi te to sɔhɛmenɔɣi ƒe lãmenugbagbeviwo dzi, naa ami mɔ̃awo eye wònana wodzea dɔ, enaa dzoxɔxɔ kple ŋusẽ si hiã ŋutilãa, eye wòwɔa dɔ bubu ɖesiaɖe si wobia tso esi.

Nuxlẽla ate ŋu abia eɖokui be aleke wòdzɔe be ame aɖewo li siwo meɖua atikutsetse aɖeke ɣeaɖewoɣi o kwasiɖa alo ɣleti geɖe evɔ wote ŋu nɔa agbe hã. Ŋuɖoɖoae nye be, le nyateƒe me la, nuɖuɖu si woɖa si ŋu woɖo kpee wu gɔ̃ hã xɔa nunyiame ƒuƒu aɖewo ɣeaɖewoɣi. Ɣeaɖewoɣi la, dɔ wua lãmenugbagbevi siwo sɔ la kwasiɖa geɖe kple ɣleti geɖe vavã, gake esi atikutsetsewo nye nuɖuɖu siwo me wodea nuɖuɖui wògbɔa eme eye wonyea nuɖuɖu siwo naa nunyiame geɖe ta la, wo dometɔ sue aɖe ŋutɔ nana ame nɔa afɔ dzi le mɔ aɖe nu. Gake ne dɔwuame ma didi madzemadzee (elabena nyatia ŋutɔ mesea dɔwuame sia o) la, dɔléle vovovowo, abi kple nɔnɔme siwo me dɔléle le dzena le nugbagbevi la me, eye wo dometɔ si nu sẽ wue nye scurvy.

Le scurvy me la, lãmenugbagbeviwo gblẽna vivivi, si tsoa nunyiame siwo de ŋgɔ wu ƒe anyimanɔmanɔ gbɔ. Emegbe la, ʊuka siwo me ʊu sina tona ƒe gliwo dzea gbagbã gɔme, si wɔnɛ be ʊu si dona le ʊukawo me la dona. Fifia aɖuawo va zua ƒuƒlu eye wole abe ƒumebɔbɔ ene, aɖuawo gena eye abi xɔa dɔnɔa ƒe ŋutilã bliboa dzi. Le ame siwo mekpɔa nu kpuie ƒe nukpɔsusu nu la, dɔléle sia tso vitamin C ƒe anyimanɔmanɔ gbɔ keŋkeŋ.Ŋusẽ mele nuɖuɖu siwo katã woɖa, atikewo kple vitamin siwo wowɔ kple asi siwo le xexeame be woaɖe dɔnɔ ma tɔgbe ƒe agbe o. Ne meno atikutsetse alo amagbe yeye aɖewo o la, eƒe ku nye nusi womate ŋu aƒo asa na o.

Dzɔdzɔme doa vivi ɖe amegbetɔ ŋu ŋutɔ, gake amegbetɔ wɔa vivisese ma ŋudɔ. Amerikatɔ lãmenugbagbeviwo ŋuti nunyala E. V. Cowdry

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gblɔ be: "Subɔsubɔdɔ si wona hehee si lãmenugbagbevi siwo va zu dɔléle vɔ̃dɨwo bu na ŋutilã ƒe ganyawo la menye nu gã aɖeke o, elabena lãmenugbagbevi tɔxɛ ƒomevi ɖesiaɖe si woate ŋu ayɔ ne ehiã, si woyɔna be ŋutilã ƒe nudzraɖoƒewo, ewolia me sɔ gbɔ wu. Ewo ƒe akpa ewolia." ƒe adrenal cortex, lãkusi ƒe 1/2, aklã ƒe 3/4, thyroid kple dɔgbo ƒe 4/5 kpakple aɖuɖɔtoe katã ate ŋu aɖe dedie" (CANCER CELLS, Philadelphia and London, 1955, p. 11). Lãmenugbagbeviŋutinunyala xɔŋkɔtɔ kekeake le xexeame gɔ̃ hã mekpɔa nu kpuie ale gbegbe be mebua lãkusi ƒe akpa ewolia enyi ƒe bu be enye nu vevi na nugbagbevi la o; ne nugbagbevi si wona la dzudzɔ dɔwɔwɔ kura ko hafi nusi bu la dzena nɛ. Gake Cowdry ƒe numekukua va ɖo kpe dzixɔse si le nunyiame ɖulawo si be nunyiame ƒuƒu ɖuɖu dzi ɖeɖe kpɔtɔ ɖesiaɖe kplɔe ɖoe nye be lãmenugbagbevi siwo le dɔ wɔm ƒe xexlẽme dzi ɖena kpɔtɔna le mɔ si sɔ nu, eye le esia ta, lãkusi alo ŋutinu aɖe ƒe dɔwɔwɔ ƒe ŋutete dzi ɖena kpɔtɔna. Zi geɖe ŋutɔ la, lãmenugbagbeviwo ƒe kpeɖeŋutɔ si sɔ ƒe akpa ewolia alo atɔ̃lia ko ƒe dɔwɔwɔ na numame si ɖua nu si woɖa ƒe ŋutinuwo léa woƒe anyinɔnɔ me ɖe asi.

NE WOBU AKPAÐEKA SI WÒLE LE SEWO ME LE DZƆDZƆME NUSI TSƆE DƆLÉLE AÐEKAKE ME O METSƆA ƳLAÐE; nusianu va kɔna abe ŋkeke ƒe keklẽ ene. Ne lãmenugbagbevi siwo sɔ, siwo le dɔ wɔm ƒe xexlẽme dzi ɖe kpɔtɔ to dzɔdzɔmenuɖuɖu siwo woɖuna ƒe agbɔsɔsɔ dzi ɖeɖe kpɔtɔ me ko la, lãkusiawo kple ŋutinuwo doa kpo nu le woƒe dɔwɔwɔ me eye woƒe kutsetse menyona o, mesɔa gbɔ o eye womegblẽa nu le wo ŋu o, le nu xoxoawo ƒe anyimanɔmanɔ ta. Esia wɔnɛ be lãkusi kple ŋutinu siwo wona la dzea dɔ. Le afisia hã la, esi lãmenugbagbevi siwo le dɔ wɔm ʊɛ aɖewo koe susɔ eye dɔ wu esiwo susɔ eye ɖeɖi tea wo ŋu ta la, dzia ƒe gliwo kekena eye ʊukawo gblẽna; ŋutigbalẽ, dɔgbo, dɔgbo kple ŋutilã ƒe akpa bubu mawo siwo sea veve siwo ŋu woƒoa nu tsoe ɣesiaɣi la gblẽna; ʊuka siwo me ʊu sina tona la kekena eye emegbe wogbãna, si wɔnɛ be dɔgbo kple dɔgbowo ƒoa abi, tsi siwo dona tso lãkusiwo me, ʊumenugbagbeviɣidɔ, ʊumenugbagbeviɣidɔ, ʊuʊudedi, kple bubuawo dona. Aɖuawo gblẽna le nunyiame si sɔ ƒe anyimanɔmanɔ ta; taɖaa trɔna zua ɣie alo dzea anyi. Le ɣeyiɣi ma ke me la, ne aɖinuwo ƒo ƒu ɖe nugbagbevi la me to nuɖuɖu siwo woɖa dzi la, ƒunukpeƒeawo megate ŋu wɔa dɔ o; ʊukawo ƒe gliwo xɔ ʊukawo ƒe gliwo kple nu sesẽ siwo wotsɔ ƒu gbe; kpe (alo calculi) ƒe wɔwɔme le

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tsinyegoe ƒe tsinyegoe; sclerosis, υusɔgbɔdɔ, sciatica, ƒunukpeƒetetedɔ, gout kple dɔléle bubu gbogbo aɖewoe dzena. Mlɔeba la, eva zua dɔ bɔbɔe ŋutɔ fifia be woaɖe nusiwo gbɔ apoplectic ƒe amedzidzedze tsona kple... kansa.

Mele be nuɖula si ɖa nu aɖeke nabu eɖokui be yele lãmesẽ me o. Dadaa si nye nuɖala si ɖua nu si zu numame nɛ lae ɖo eƒe lãmesẽkuxiwo ƒe gɔmeɖoanyi hafi wodzii gɔ̃ hã. Eƒe ŋutinuwo gblẽna eye ɣesiaɣi la, wole afɔku me alo woƒe ŋusẽ mamlɛtɔ siwo wodzra ɖo la vɔna. Ne amesiame xlẽ fli siawo vɔ la, ele be amesiame si dea asixɔxɔ eƒe lãmesẽ ŋu eye wòléa be na eƒe agbe la natso nya me sesĩe be yeaɖe afɔku ma ɖa eye wòaɖɔ nusiwo gblẽ le eƒe nugbagbevi ŋu xoxo la ɖo nyuie. Vevietɔ mele be ame mawo siwo lolo akpa kple υusɔgbɔdɔ le fu ɖem na la nahe ɖe megbe vie o, elabena woƒe agbe le ka aɖe ŋu. Mele be woaɖe mɔ nya vɔ̃ɖi si nye "si womele mɔ kpɔm na o" nadze le woƒe amekuku ŋuti nyatakakawo me etsɔ o. Nya mae nye ŋutsu "deŋgɔ" ƒe manyamanya si me kɔ wu ƒe kpeɖodzi si ɖe dzesi wu.

Mele be vidzĩ suea nafa avi susu aɖeke manɔmee gbeɖe o; mele be wòato zã si me dziɖeleameƒo mele o alo dɔgbodɔlélewo, eye asrã hã naɖe fu nɛ gbeɖe o. Eye mele be wòakpɔ vitamin alo calcium ƒe anyimanɔmanɔ hã g Esiawo katã nye nuɖuɖu siwo woɖa, notsi kple dadaa ƒe notsi si woɖa si ɖua nu ƒe bɔbɔɖeanyi me tsonu. Meɖea gbeƒãe zi gbɔ zi geɖe be enye agɔdzedze vɔ̃ɖitɔ kekeake be woana ɖevi si wodzi yeyee nazu numame na nuɖuɖu si woɖa. Vaseɖe fifia la, dzilawo katãe wɔ nuvɔ̃ sia le manyamanya me; tso fifia dzi la, woabui be enye nuvlowɔwɔ si woɖo ɖi do ŋgɔ. Etsɔ la, dzila aɖeke mate ŋu aɖe woƒe fɔɖiɖi dzi akpɔtɔ o.

Hafi woatso nya me be woawɔ dɔ na dɔnɔa la, ele be wòatrɔ ɖe nuɖuɖu ƒuƒu blibo ŋu. Ne ŋutinu si gblẽ la mebu eƒe lãmenugbagbevi siwo le dɔ wɔm ƒe kpeɖeŋutɔa keŋkeŋ o la, ate ŋu agate ŋu awɔ dɔ bliboe to lãmenugbagbevi siwo le lãmesẽ me dzidzi kple esiwo ŋu dɔlélea le ɖeɖeɖa me.

Zi alesi lãmenugbagbevi siwo ŋu dɔléle le le amegbetɔ ƒe nugbagbevi me ko la, nuɖuɖu si woɖa ƒe dzodzro sẽŋu nɔa ame me. Gake ne wonya kɔ ŋutilãa ŋu tso eƒe lãmenugbagbevi siwo ŋu dɔléle le me ko la, nuɖuɖu siwo woɖa kpɔkpɔ yɔa nuɖuɖu ŋutɔŋutɔ me fũ

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ame si ŋu ŋunyɔnu le, ɖe vivisese teƒe. Zi alesi "dɔwuame" ƒe seselelãme nu sẽe la, zi nenemae dɔlélea dea to ɖe edzi eye wòsẽna ɖe edzii. Kpuie ko la, nuɖuɖu si woɖa ƒe didi nye dɔléle ƒe didi, eye didi ma ƒe anyinɔnɔ fia dɔléle ƒe anyinɔnɔ. Eya ta, be woate ŋu aɖu dɔléle dzi ahatsrɔ̃e la, ehiã be woawu alakpatɔ la.

Ele be woatsɔ kansadɔnɔwo ade nuɖuɖu ƒuƒu siwo seɖoƒe li na ŋutɔ, abe akɔɖu alo weintsetse kilogram ɖeka ene gbesiagbe, dzi enumake.
Agbɔsɔsɔ sia sɔ gbɔ be wòana ame ŋutɔŋutɔ nanɔ agbe, evɔ kansa lãmenugbagbevi siwo mete ŋu kpɔa gome aɖeke le eme o la aku vivivi. Gome aɖeke megale ame si wobu fɔe be wòaku godoo be wòaɖi kɔ na eƒe aɖu le ga si woatsɔ awɔ eƒe nuwuwu kabakaba ta o.

Mina míakpɔ subɔsubɔdɔ si ŋu viɖe le si aɖi ƒomevi 350,000 siwo wotsɔ ŋkɔ na be atikewo ate ŋu awɔ na mí la ɖa azɔ.
Ðe woate ŋu adzi lãmenugbagbevi siwo to vovo ƒe xexlẽme ɖe edzi, ado ŋusẽ lãmenugbagbevi siwo gbɔdzɔ alo ana ŋutete yeye lãmenugbagbevi siwo nye nuwɔametɔwo be woawɔ dɔa? Ðe woate ŋu atsɔ nu xoxowo ana lãkusi siwo dɔ le wuwum alo aɖɔli nunyiame siwo dzoa gblẽ la? Ðe woate ŋu ado ŋusẽ dzi ƒe lãmekawo alo akɔ ʊukawo me tso woƒe ɖiƒoƒoawo mea? Ðe woate ŋu atɔ te ɖiƒoƒo kple aɖi siwo wotsɔa nuɖuɖu siwo woɖa gena ɖe míaƒe ŋutilã me la ƒe sisi atraɖii ɖe míaƒe ŋutinuwo mea? Mlɔeba la, ɖe woate ŋu ama kansadɔlékuiawo ɖe vovo ahatsrɔ̃ wo ɖekaɖeka loo alo woagahe wo ava ŋutilãa mea? Ðewohĩ aɖi mawo nye míaƒe nunyiame ƒe akpa vevi aɖe ŋutɔŋutɔ eye to ŋkuléle ɖe nu ŋu me na dzɔdzɔme ŋlɔ be be yeade wo dzɔdzɔmenuɖuɖuwo me.

Nya la ƒe nyateƒenyenyee nye be ŋusẽ si nu mawo kpɔna ɖe ame dzi la nye afakaka, ameblenu, nusi dzena, tsi tre ɖe wo nɔewo ŋu eye wògblẽa nu le ame ŋu ɣesiaɣi. Agbalẽ gbogbo siwo ku ɖe viɖe siwo atikewo ɖea vi ŋu la nye míaƒe ɣeyiɣia me glitoto. Aʋatsodzixɔsewo ƒe xexe gã aɖe lé xexeame katã ƒe dukɔwo katã ɖe eƒe ŋusẽkpɔɖeamedzi blibo te eye atike vɔ̃ɖiwo xɔa aŋetu ƒe akpa.

Ele be míaɖiɖi tso atsyɔ̃ɖoɖo ƒe kɔkɔƒewo eye míaxɔ nɔnɔme ŋutɔŋutɔ ɖe kuxi siawo ŋu. Lãmenugbagbevi sue si seɖoƒe meli na o le eɖokui si, ƒe wɔwɔme sesẽ wu dɔwɔƒe siwo katã amegbetɔ wɔ. Esia nye

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edze ƒã tso nyateƒenya bɔbɔe si nye be to woƒe agbagbadzedze ɖekae katã me la, eŋutinunyala siwo le xexeame mete ŋu na lãmenugbagbevi gbagbe ɖeka pɛ hã va li kpɔ o. Eye ke hã lãmenugbagbevi mawo tɔgbe miliɔn geɖe ye le ŋutinu ɖesiaɖe me. Ke hã, atikewɔla dzro aɖe bua eɖokui le susu me be yenye xexe gã mawo ƒe eŋutinunyala bibi. Ne ɖɔkta ma ŋlɔ "atike" aɖe si me aɖi le ƒe ŋkɔ ɖe pepa dzi la, esusunɛ le bometsitsi me be yeate ŋu agbugbɔ dɔwɔƒe miliɔn geɖe ƒe dɔwɔwɔ siwo mewɔ ɖeka kple ɖoɖo o la aɖo anyi to aɖi ɖeka ŋɔŋlɔ nɛ me. Esi melé vinye suewo ƒe asiwo, ƒe geɖe la, menɔ tsaglãla tsam tso dukɔ ɖeka me yi bubu me kple mɔkpɔkpɔ be makpɔ atike nyui ma si naa agbe ame! Mɔkpɔkpɔ si me susu mele o ma ke mee dɔnɔ ɖesiaɖe, nɔnɔme ka kee ɖale o, ƒoa ʊɔ na eƒe ɖɔkta egbea alo xɔa eƒe nɔƒe le kɔdzi ƒe fli me.

Le esime dɔléle ɖesiaɖe dada ɖeka kolia le dɔnɔa ŋutɔ si me keŋkeŋ. ELE BE WOAKPƆ NUSIWO HE DƆLÉLEWO KAtã DZO LA LE DZOƑOƑOA ME. NE DZO MA ƑE BUBU LA, AMEGBETƆ ƑE FUFEWO KAtã ABU.
Menye ɖeko nuɖuɖu ƒuƒu blibo wɔa dɔ abe mɔxexe ɖe dɔléle ƒomevi ɖesiaɖe nu ko o, ke edaa dɔléle siwo katã woxɔ xoxo hã keŋkeŋ, tso esiwo nu mesẽ o dzi va ɖo esiwo nu sẽ wu kple esiwo sesẽ wu dzi, nenye be ŋutinu si ŋu dɔlélea le la gakpɔtɔ lé agbe ƒe dzesi aɖewo ɖe asi.

Le agbalẽ sue sia me la, nyemate ŋu aƒo nu tso nya sia ŋu wòadidi o. Kpɔɖeŋu ɖeka ko ɖeɖefia sɔ gbɔ. Dzitodzito me dɔlélewoe nye nusi gblẽa nu le ameƒomea ŋu egbea. Le dukɔ aɖewo me la, amesiwo kuna le dzidɔ vovovowo ta wu amesiwo kuna katã ƒe afã, eye agbɔsɔsɔa yi edzi le dzidzim ɖe edzi. Atike siwo katã li fifia tsɔ tsia dɔléle mawo nu nye afakaka ƒe afɔɖeɖewo ko. To aɖi dede ŋutilãa me, dzikudodo alo, le go bubu me, lãmekawo kuku kple dzia ƒe dɔwɔwɔ ʊãme me la, womegakpɔa ŋusẽ nugbagbevi la ƒe susɔeawo o. Kpɔ nyateƒe si wònye be ɖɔktawo koŋue dzidɔ léna la ɖa. Ke hã le dɔléleawo katã dome la, dzitodzito me dɔlélewoe nye esiwo ŋu woate ŋu ada dɔ le wu. Raw-Veganism ana amewuwu mawo katã siwo me susu mele o la natsi.

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Ne dɔnɔ si woɖo be wòaku le dzidɔ ta le kwasiɖa alo ɣleti ʊɛ aɖewo megbe la nadi sitsoƒe le dzɔdzɔmesewo me eye wòatrɔ ɖe nuɖuɖu ƒuƒu ŋu egbea la, ase le eɖokui me be yeƒe nɔnɔmea nyo ɖe edzi kaba le zã ɖeka kloe me. Tso ŋkeke gbãtɔ dzi ke la, eƒe ʊukawo adze ɖiƒoƒo gɔme kabakaba, eye eƒe ʊukawo ƒe gliwo, kpakple eƒe dzi kple eƒe ʊukawo tɔ, axɔ agbe yeye si me lãmenugbagbevi siwo le dɔ wɔm ƒe kpeɖeŋutɔ yeye aɖe anɔ, vivivi woƒe teteɖeanyi kple sesẽme si sɔ la gbugbɔgaxɔ. Esia awɔe be le esi teƒe be ame yeye si woxɔ ɖe nuɖuɖu ƒuƒu ɖuɖu me naku le kwasiɖa ʊɛ aɖewo megbe la, ate ŋu akpɔ mɔ na agbe nyui nɔnɔ ƒe 50 alo esi wu nenema bubu kple kakaɖedzi. Ne biabia la nye be míatsɔ ƒe alafa afã ƒe agbe nyui nɔnɔ aɖɔli kwasiɖa ʊɛ aɖewo ƒe agbenɔnɔ si me dɔléle le la, mele be míaɖe mɔ heheɖemegbe nage ɖe míaƒe dzi me o. Nunya mele eme be míabu ku kpata kple nusi womele mɔ kpɔm na o. Ne mekpɔ lã kple abolo kakɛwo woge ɖe amesi ŋu womesusui o ƒe nu me la, mekpɔa alesi eƒe dzi kple eƒe ʊukawo ƒe gliwo ƒe gliwo agblẽ kpuie la le susu me, eye ɣesiaɣi la, mekpɔa mɔ be dzi naƒoe.

Le nyateƒe me la, nu vevi enee li siwo gbɔ dɔlélewo tsona: 1. Lãmenugbagbevi siwo to vovo ƒe xexlẽme ƒe anyimanɔmanɔ. 2. Nu xoxo siwo hiã na lãkusiwo ƒe dɔwɔwɔ ƒe anyimanɔmanɔ. 3. Dutanuwo kple lãmenugbagbevi siwo me dɔlékuiwo le ƒe anyinɔnɔ le nugbagbevi la me. 4. Lãmenugbagbeviawo ƒe tsitretsitsi ɖe dɔlékuiwo ƒe dɔléle ŋu ƒe gbɔdzɔgbɔdzɔ. Nuɖuɖu ƒuƒu wɔa avu kple nu ene siawo katã siwo gbɔ wòtso tso gɔmedzedzea me ke eye wònaa dɔléle ƒe kuxia gbɔ kpɔnu ŋutɔŋutɔ.

Gake le nuɖuɖu ƒuƒu ɖuɖu ƒe ɣeyiɣi gbãtɔ me la, nuɖuɖu siwo woɖa ƒe numame nana la kpɔa vevesese vovovowo ɣeaɖewoɣi, si ate ŋu ana ame siwo mebua tame o nasusui alakpatɔe be dzɔdzɔmenuɖuɖuwo ɖea ɖeɖi le ŋutilã ŋu eye wògblẽa nu le ame ƒe lãmesẽ ŋu. Nukpɔsusu totro siae nye kpeɖodzi si ɖe dzesi wu ɖesiaɖe be egbegbe ŋutsua mebua nu kpuie o. Susu dzro si nye be DZƆDZƆME nunyiame ate ŋu akplɔ DZƆDZƆMEME nunyiame ɖo eye wòagblẽ nu le ame ŋu la nye nukpɔsusu si me susu mele o kura, si wòle be míanya le míaƒe tamesusuwo me zi ɖeka ɖe ɣeyiɣiawo katã nu.

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Ele be woadzii le susu me be tso kilo 40-50 alo esi wu nenema le ŋutsua me si ƒe kpekpeme nye kilogram alafa ɖeka la nye alakpatɔ la tɔ, amesi adze ƒoƒo gɔme enumake eye ne eƒe lãmenugbagbevi siwo le dɔ lém, ami, concretions kple aɖiwo kpe ɖe eŋu la, aƒu du ayi ʋukawo me, ale be wòate ŋu ado le ŋutilãa me to ʋuʋudedi vovovoawo me — aɖuɖɔ, aɖuɖɔ kple fifia. Ne ŋutsu si mekpɔa nu kpuie la lé ŋku ɖe dutanu siwo le aɖuɖɔ kple ʋu me ŋu la, asusu be dzɔdzɔmenunyiamewo mee wowɔ wo, evɔ le nyateƒe me la, alakpatɔa ƒe ŋutilã nyɔŋu la mee wotso, si le gbegblẽm vivivi hele dzodzom le nugbagbevi la me tegbee . Esia tae mele be woatsɔ atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya ƒe dzidzenu siwo wozãna ɖaa akpɔ tɔtrɔ yi nuɖuɖu ƒuƒu dzi o; ke boŋ ele be míabɔbɔ mía ɖokui ɖe dzɔdzɔmesewo te kakaɖedzitɔe eye míatsɔ dzigbɔɖi kple dzigbɔɖi akpɔ mɔ na emetsonu mamlɛawo.

Le ɣeyiɣi ma me la, aɖuɖɔtoe ƒe dzesiwo ate ŋu adze nyuie, . dɔgbo ƒe vevesese, taɖuame, taɖuame, gbɔdzɔgbɔdzɔ le goawo katã me, kple bubuawo. Le go aɖewo me la, aɖuɖɔa ate ŋu avuvu, afɔwo ate ŋu avuvu, ʋuʋudedi ate ŋu adze le ŋutilãa ŋu eye ŋutigbalẽa ƒe akpa aɖewo ate ŋu aƒu eye wòaƒo. Esiawo katã nye ŋutiklɔdzo kple dɔyɔyɔ ƒe ɖoɖowo, eyata mele be ame naɖe asi le "dɔwuame" ƒe seselelãme ŋu kura o eye, le ɖikeke le Wɔla la ƒe nunya ŋu modzakaɖeɖe me la, wòawɔ nu ɖe fiẽnuɖuɖu "siwo me nunyiame le" ŋu,-"protein siwo da sɔ bliboe" kple amino acid siwo "womate ŋu aɖɔli o" hena kpekpeɖeŋu. Ne ame nye bometsitsi ale gbegbe be wòawɔe nenema la, dzesi siawo nu ayi zi ɖeka, gake agblẽ nu le eƒe lãmesẽ ŋu. Emegbe alakpatɔa agbɔ ɖe eme eye esi wònɔ nu kom le ame ŋutɔŋutɔ ƒe bometsitsi ta la, agadze tsitsi gɔme ake kple agbe yeye aɖe.

Dzesi mawo toa vovo le woƒe dzɔdzɔ kple woƒe sesẽme me tso ame ɖeka gbɔ yi bubu gbɔ, eye woate ŋu manɔ anyi kura gɔ̃ hã le go aɖewo me o. Abe se ene la, wosɔna be woasẽ ŋu le ame tsitsiwo kple ame tsitsiwo gome, wofa tu le sɔhɛwo gome eye womenɔa ɖevi siwo wodzi yeyee me kura o, amesiwo adze tsitsi gɔme le mɔ si sɔ nu. Le nyateƒe me la, le ame si da ami akpa ƒe ŋutilã me la, alakpatɔ la ƒo ame ŋutɔŋutɔa nu ƒu heɖee ɖa le eƒe kpekpeme kpekpea ƒe nyaƒoɖeamenu ta ale gbegbe be nu sue aɖe koe susɔ nɛ negbe “ŋutilã kple ƒuwo” ko. Le ɣeyiɣi gbãtɔ si me woɖua nuɖuɖu ƒuƒuwo me

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ame ma tɔgbe ƒe kpekpeme dzi aɖe akpɔtɔ ale gbegbe be amesiwo mese tɔtrɔa ƒe nɔnɔme ŋutɔŋutɔ gɔme o la adze nublanuikpɔkpɔ gɔme nɛ. Gake nusi le edzi yim ŋutɔŋutɔ ƒe nɔnɔmetata si dze abe ɖe esia nye ene. Le lã ɖula ƒe ŋutilã me la, le nyateƒe me la, ŋutsu ŋutɔŋutɔ dze lolo gɔme tso ŋkeke gbãtɔ dzi ke eye ne eɖe alakpaŋutsua ɖa vɔ la, ayi edzi anɔ tsitsim edziedzi vaseɖe esime eƒe kpekpeme naɖo eƒe kpekpeme si sɔ gbɔ . Le ame si le tsɛ ŋutɔ gome la, ame ŋutɔŋutɔ ƒe kpekpeme ƒe dzidziɖedzi ana ada asɔ le alakpatɔ la ƒe kpekpeme si bu la nu, ale be kpekpeme ƒe dzidziɖedzi ŋutɔŋutɔ nanɔ anyi tso gɔmedzedzea me ke.

Ŋutsu ŋutɔŋutɔ ƒe tsitsi sia dzɔna kabakaba vevietɔ le ɖevi siwo le tsɛ, siwo ƒe amadede nye aŋutiɖiɖi eye wogbɔdzɔ la me. Mele be míakpɔ mɔ be ɖevi siwo ɖua nu ƒuƒuwo ƒe mo nanye ƒuƒuie eye woƒe afɔwo nanye abe woƒe fefehati siwo ɖua nu ɖaɖa ene o, elabena aʋatsotɔ la ƒe dzesie nye lãmi. Đevi siwo ɖua nu ƒuƒui la anye ame tsɛ, lãmekawo kple lãmekawo vavã. To manyamanya dzro ko dzie dzila siwo ƒe susu le bɔbɔe la kpɔa dzidzɔ ɖe wo viwo ƒe lo

Esi metrɔ ɖe nuɖuɖu ƒuƒu ŋu zi gbãtɔ la, ŋutiklɔdzo ƒe ɖoɖo gã aɖe dze egɔme le nye nugbagbevi me. Nyemekpɔ gbɔdzɔgbɔdzɔ ƒe dzesi aɖeke o, gake vevesese le nye dɔgbowo me, nye asibidɛwo kple afɔbidɛwo dome dometsotsowo te ƒuƒu, eye emegbe ʋuʋudedi kple ʋuʋudedi, ʋuʋudediwo do ɖe nye ŋutilã ŋu, eye le nye afɔ ƒe akpa aɖewo ŋutigbalẽ hã ƒu eye woɖee le lãgbalẽgolowo me. Kasia nye afɔ siwo va vuvuna vie vaseɖe ɣemaɣi la, vuvu wògbɔa eme, eye avu sia xɔ ɣleti geɖe hafi fa. Emegbe le ɣeyiɣi aɖe megbe la, nye aɖuɖɔ trɔ zu ʋuʋudedi kura. Le ɣeyiɣi ma katã me la, mede kame to azɔlizɔzɔ didi wu alesi mezɔ le nye agbe me do ŋgɔ me. Edze ƒã nam be, le dzɔdzɔmenunyiame kple kamedede ƒe nyaƒoɖeamenu si yia edzi ta la, ʋuka siwo ƒo ƒu ɖe nye ʋukawo kple ƒunukpeƒewo me le ƒe 50 siwo me meɖu nu ɖae me la va nɔ ƒoƒom henɔ bubum. Be kakaɖedzi nanɔ ŋunye geɖe wu le nye kakaɖedzi ŋu la, kasia medzudzɔ nuɖuɖu ƒuƒu ɖuɖu kura eye ŋkeke etɔ̃ sɔŋ la, lãgbalẽwo koe meɖuna. Le ŋkeke gbãtɔ tututu dzi la, nye aɖuɖɔ ƒe ʋuʋu dzi ɖe kpɔtɔ, le ŋkeke evelia dzi la, dzesi sue aɖewo koe susɔ, evɔ le ŋkeke etɔ̃lia dzi la, ebu keŋkeŋ.

Esi megadze nuɖuɖu ƒuƒu ɖuɖu gɔme ake la, nye aɖuɖɔ gavuvu ake, gake

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menye abe alesi wònɔ tsã ene o, eye vivivi la, ekɔ le kwasiɖa ʋɛ aɖewo megbe. Edze abe ŋkeke etɔ̃ ƒe nuɖaɖa-nuɖuɖu na nye nugbagbevi la ŋuti kɔklɔ kabakaba dzi ɖe kpɔtɔ ene. Le vo me la, meke ɖe nu bubu aɖe ŋu le ɣeyiɣi ma ke me. Tsi si meno kple nuɖuɖu siwo me dze le la na nye ŋutilã ƒe kpekpeme dzi ɖe edzi kilo etɔ̃ le ŋkeke ɖeka pɛ ko me.
Dzɔgbenyuietɔe la, megatrɔ va nye kpekpeme tsãtɔ dzi le ŋkeke enelia dzi le esi megadze nuɖuɖu ƒuƒu ɖuɖu gɔme ake.

Ðewohĩ anyo be ame yeye si woxɔ ɖe nuɖuɖu ƒuƒu me la nakpɔ dzidzɔ nuɖuɖu si woɖa le ɣleti ʋɛ aɖewo ƒe asiɖeɖe le nu siwo woɖa ŋu vɔ megbe. Ne etsɔ nunyiame ƒe ɖoɖo eveawo sɔ kple wo nɔewo la, eva ka ɖe edzi wu be mɔ si yetia la nye mɔ nyuitɔ vavã, eye le ema megbe la, mekua drɔ̃e be yeagawɔ dodokpɔa ake o.

Nye afɔwo ƒe vuvu sesẽa nu yi vivivi le ɣleti ʋɛ aɖewo megbe. Le ɣeyiɣi ma ke me la, ʋuʋudedi aɖewo siwo nɔ anyi ɣeyiɣi didi aɖe hã ɖe fu nam; esiawo hã nu fa le ƒe ʋɛ siwo kplɔe ɖo me eye wobu kura mlɔeba. Dzesi mawo ke dzena, le agbɔsɔsɔ me alo wu nenema, le nuɖuɖu ƒuƒu gbogbo aɖewo me, amesiwo ŋlɔa nu tso wo ŋu tso xexeame ƒe akpa vovovowo.

Nusi gaɖe dzesi wue nye nye ƒuƒoƒoawo ƒe bu. Ʋumenugbagbeviɣidɔ si nɔa anyi didi mena nyemegbɔ ɖe eme alo ɖi ɖe eme o abe ƒe 15 alo 20 ene. Gbesiagbe, ɣeaɖewoɣi zi eve gbesiagbe la, enɔa dzinye be matrɔ nye awu te. Dzoxɔxɔa nu meɖe kpɔtɔ gbeɖe o; ʋuʋudedi, ʋuʋudedi kple ʋu nɔ dodom ɣesiaɣi. Esi metrɔ ɖe nuɖuɖu ƒuƒu ŋu vɔ megbe gɔ̃ hã, togbɔ be woto nye nuɖuɖumeŋusẽ ƒe dɔwɔwɔ me edziedzi hã la, nye ƒuƒoƒoawo ƒe nɔnɔme metrɔ kloe o. Le ŋutilãme agbagbadzedze ɖesiaɖe megbe, alo le azɔlizɔzɔ bɔbɔe aɖe megbe gɔ̃ hã la, dzikudodoa nu sẽ ale gbegbe be mesusuna ɣeaɖewoɣi be, le nɔnɔme ƒe tɔtrɔ siwo va ta la, ɖewohĩ ƒuƒoƒoawo medi be yewoaɖe asi le nuɖuɖu ƒuƒu ŋu o eye be le nuwuwu la, ele be wòazi dzinye be matsɔ ɖokuinye ade amekoko ƒe dɔwɔwɔ me le nyateƒe me. Gake le ɣeyiɣi ma ke me la, nyemebu mɔkpɔkpɔ le dzɔdzɔme ƒe ŋusẽ ŋu gbeɖe o. Eye le nyateƒe me la, le ɣleti ʋɛ aɖewo megbe la, nɔnɔmea te ŋgɔyiyi si ŋu kakaɖedzi le ɖeɖefia. Gbesiagbe dzikudodo trɔna zi eve le kwasiɖa me, emegbe zi ɖeka le kwasiɖa me, zi ɖeka le ɣletia me

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eye emegbe zi ɖeka le ɣleti eve alo etɔ̃ ɖesiaɖe me, vaseɖe esime mlɔeba la, atikewɔwɔa kpɔ dzidzedze ale gbegbe be egbea la, nyemese le ɖokuinye me kura be ʊumenugbagbeviɣidɔ gɔ̃ hã ɖe fu nam o. Wowɔ dɔa kabakaba vevietɔ esi medze lu si mie ƒe sabala nono gɔme gbesiagbe. Fifia nɔnɔme siawo na míedze ŋgɔ nyateƒe vevitɔ kekeake.

Enye nyateƒenya si wonya nyuie be dɔgbo ƒe gliwo ƒe teteɖeanyi ƒe gbɔdzɔgbɔdzɔ kple ʊuka siwo le dɔgboa ƒe nuwuwu si le anyime ƒe keke gbɔe ƒutsotsoewo tsona. Kukuwo ƒe dɔyɔyɔ to nuɖuɖu ƒuƒu me nye kpeɖodzi be, to lãmenugbagbevi siwo le dɔ wɔm ƒe lãmenugbagbevi siwo gblẽ le nugbagbevi la me ɖɔliɖɔli me la, le ɣeyiɣi aɖe megbe la, dɔgboa ƒe gliwo kple ʊukawo ƒe gliwo gawɔa yeye vivivi, si wɔnɛ be woƒe tete ɖe wo nɔewo ŋu eye wosẽna ɖe edzi si hiã . Nusi gahiã wue nye nyateƒe si wònye be nuwɔna sia dzɔna le ɣeyiɣi ɖeka me le dɔgbowo, dɔgbo, ʊukawo, ʊukawo kple lãmekawo me, kple le ŋutinu kple lãkusi ɖesiaɖe me le ɣeyiɣi ɖeka me. Ne míagblɔe bubui la, lãmenugbagbevi siwo nye sɔhɛ, siwo le etɔxɛ eye wole lãmesẽ me ƒe kpeɖeŋutɔ yeye aɖe gaɖoa nugbagbevi si ɖua nu si mewɔ ɖeka o eye wòdze dɔ la me keŋkeŋ. Gbɔdɔdɔ ƒe ŋusẽ ƒe dzidziɖedzi to nuɖuɖu ƒuƒu me awɔ nuku na amesiame, togbɔ be le gbɔdɔdɔ ƒe nuwɔnawo me la, ele be alesi woawɔ nu ɖe ɖoɖo nu sesĩe nanye míaƒe gɔmeɖose sesẽ hã. Le kamedefefewo me la, nuɖuɖu ƒuƒuwo aɖo nuŋlɔɖi yeye siwo tɔgbe medzɔ kpɔ o anyi. Afi siae woakpɔ atikeŋutinunyalawo ƒe drɔ̃e si woku ɣeyiɣi didi aɖee nye sia, si nye agbe ƒe atike, le. Menye nusiwo wokpɔna le gaƒoƒo ʊɛ aɖewo me to atikewo dzi lae wonye afakaka o, ke boŋ mɔnu vevi siwo wozãna tsɔ daa dɔlélewo to nugbagbe bliboa gbugbɔgatu me.

Ne womezã ŋutinu alo lãkusi aɖe ƒe lãmenugbagbeviwo bliboe o ko la, dzɔdzɔmenunyiame nana wote ŋu gbugbɔa woƒe lãmenugbagbevi vevi siwo kpe ɖe wo ŋu la ɖoa wo nɔƒe to lãmenugbagbevi yeyewo dzidzi me, eye le ɣeyiɣi ma ke me la, woɖea lãmenugbagbevi siwo ŋu dɔléle le eye viɖe aɖeke mele wo ŋu o ƒe anyinɔnɔ ɖa. Gake mɔnu aɖeke kura meli si dzi woato atrɔ ŋutinu si wogblẽ, abe aɖu si gblẽ ene, aɖo eƒe n Esia tae, le lãmesẽnyawo gome la, hehe ɖe megbe nye afɔku.

Nuɖala la nɔa agbe ɖe eƒe ŋutinuwo kple lãkusiwo ƒe akpa atɔ̃lia va ɖo ewolia ƒe dɔwɔwɔ nu eye ke hã, zi alesi wòte ŋu tsi tre ɖe eƒe afɔwo dzi ko la, ebua eɖokui be yele lãmesẽ me. Nusi gavloe wue nye afɔku si le eme be woaxɔ ame le esi

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ewolia ma gɔ̃ hã̃ nɔa edzi ɣesiaɣi abe Damocles ƒe yi ene, vevietɔ ne eɖu fiẽnuɖuɖu "nyui" ʊɛ aɖewo kpɔ.

Lãmenugbagbeviŋutinunyalawo ƒe numekukuwo ɖee fia be tsɔ kpe ɖe lãmenugbagbevi siwo mewɔa dɔ o ŋu la, wokpɔa lãmenugbagbevi gã vovovo siwo me nuklia geɖe le (polykaryocytes), lãmenugbagbevi siwo lolo akpa siwo me nuklia mele o (megakaryocytes), kple lãmenugbagbevi siwo gblẽ ƒomevi bubuwo le amegbetɔ ƒe ŋutilã me. Lãmenugbagbevi mawo tɔgbe nɔa ŋutinuwo kple lãkusiwo katã me "le dzɔdzɔme nu", eye nɔa nuɖala siwo ɖua nu ƒe ʊu gɔ̃ hã̃ me. Ele na numekuku dzɔdzɔmeŋutinunyala siwo kpɔa nusiawo kple nu bubu gbogbo aɖewo siwo to vovo le nuɖuɖu ƒe numamewo katã ƒe ŋutinuwo me be woabu wo be wonye "dzɔdzɔme" alo "dzɔdzɔn

Dzɔdzɔmenuɖuɖuwo menɔa nuɖuɖumeŋusẽ me wu gaƒoƒo ʊɛ aɖewo o eye ne woɖu wo alo womeɖu wo o la, wodzona le ŋutilãa me to mɔ si sɔ dzi, evɔ nuɖuɖu siwo woɖa, vevietɔ esiwo wokpɔ tso lãwo me, ya nɔa nuɖuɖutoa me hena gaƒoƒo etɔ̃ alo ŋkeke ene, ɣeaɖewoɣi kwasiɖa geɖe. Fifia, enye nyateƒenya si wonya nyuie be le ku megbe teti la, lãmenugbagbeviwo dzea gbegblẽ gɔme, eye woɖea aɖinu vovovo gbogbo aɖewo dona ne wole ewɔm. Eyata lãwo ƒe nuɖuɖu si me aɖi mele o mele nuɖuɖu si woɖa la ƒe kplɔ̃ dzi o. Eyata mewɔ nuku o be le amegbetɔ ƒe ƒodo me nɔnɔ ŋkeke ene dometɔ etɔ̃ le dzoxɔxɔ si nye 38°C megbe. lãwo ƒe nuɖuɖuwo trɔna zua aɖi keŋkeŋ. Ɣeaɖewoɣi la, nuwɔna sia yia ŋgɔ ale gbegbe be ne wogblẽ dɔgboa ƒe gliwo me eye wotsaka kple ʊuʊudedi, ʊuʊudedi kple ʊu gbogbo aɖewo ko hafi wokpɔa dzidzedze le nugbagbevi la me. Le ŋkeke evelia dzi la, dɔnɔa toa nyatoƒoe le dɔléle sue aɖe si le dɔgboa me ŋu. Ðɔktawo kafui be woazã kplɔ̃dzidze be woatsɔ axe mɔ ɖe gbegblẽ mawo tɔgbe ƒe dzɔdzɔ nu, abe ɖe wodi be yewoatrɔ amegbetɔ ƒe ƒodo wòazu lã si me wode dzee ene. Xɔsetɔwo xɔe se le bometsitsi me be nusianu si dɔgboa axɔ enumake mate ŋu agblẽ nu le ame ŋu o; ke bli si wofli, abolo ɣi alo sukli, siwo gblẽa nu wu le nuɖuɖuwo katã dome la, menaa dɔgboa mewɔa nu enumake o. Ame aɖewo biaa wo ɖokui gɔ̃ hã̃ be kadodo kae ate ŋu anɔ nunyiame kple ŋkuwo, ŋutigbalẽa alo lãmekawo dome, abe ɖe ŋutilã ƒe akpa ɖesiaɖe ate ŋu ayi eƒe dɔwo dzi nu xoxowo manɔmee ene. Azɔ, nu ka mee ar

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abolo ɣi, sukli alo bɔta si me kɔ si ate ŋu ana ŋkuwo naklẽ alo awɔ ɖoɖo ɖe lãmekawo ƒe dɔwɔwɔ wɔnukuwo ŋua? Amewo doa nususugblɔ ƒomevi ɖesiaɖe ɖe ŋgɔ tsɔ ɖea nusiwo gbɔ lãmekawo ƒe dɔlélewo tsona me, gake womeléa ŋku ɖe nu vevitɔ kekeake ŋu kura o — nu xoxo siwo wotsɔ na lãmekawo ƒe nɔnɔmewo.

Amegbetɔ ƒe Tsitretsitsi ɖe Dɔléle Siwo Xɔxɔ Ŋu Gbɔdzɔna Tso Dzidzime Yi Dzidzime Dzi

Nya siwo wogblɔna be afɔku si le dɔléle siwo xɔa ame me la le edzi yim ɖaa ɖiɖi nye alakpanyawo. Le nuɖaɖa-nuɖuɖu ta la, ŋusẽ si le amegbetɔ ƒe lãmenugbagbeviwo ŋu be woatsi tre ɖe nugbagbevi suesuewo ŋu la bu vivivi eye nusi gavloe wue nye be woyia edzi bua ŋusẽ ma tso dzidzime yi dzidzime.

Le esia gome la, madi be mayɔ nya ʋɛ aɖewo tso "Dɔlélewo ƒe Ŋutilã ƒe Dɔlélewo Kple Amegbetɔ ƒe Dɔlélewo ƒe Dɔléle Dzɔdzɔmeŋutete" si Soviet dzɔdzɔmeŋutinunyala xɔŋkɔ IV Davydovsky ŋlɔ, si wota le ƒe 1956 me. Le eƒe nya nu la: "Dɔlékui geɖe li siwo ku ɖe homo-sapien (anthroponoses) koŋ ŋu siwo le nyateƒe me medzɔna le lãwo me o, siwo dome boso siwo tsi wu hã le. Dzɔdzɔmeŋutinunyalawo mekpɔa dzidzedze le dɔlékui mawo ƒe dodokpɔ ƒe kpɔɖeŋuwo dodo ɖe wo me me o." alo ne menye nenema o la, wote ŋu kpɔa wo dometɔ ʋɛ aɖewo ko ƒe nɔnɔme siwo ɖi wo nɔewo le didiƒe ŋutɔ (typhoid, kolera, asrã, meningococcal meningitis, influenza, aɖitsi, jaundice, diphtheria, scarlet fever, aklãdɔ, ƒunukpeƒeteteɖɔ, sepsis, gonorrhea, furunculosis, appendicitis, kple bubuawo edzi).

"Zonoses kple ornithonoses (lãwo kple koklolãwo ƒe dɔlélewo) siwo." dzɔna le ŋutsuwo me, abe tsivɔvɔ̃, tagbɔdɔ, brucellosis (Malta fever), psittacosis, smallpox, plague, tularemia, anthrax, trichinosis kple bubuawo ene, abe se ene la, woƒe dzesi tɔxɛ siwo nye etɔxɛ na amegbetɔ, gake le lãwo gome la, ɣeaɖewoɣi la, wodzena dzesi mawo ƒe vidzidzi siwo le didiƒe ŋutɔ koe woɖena fiana."

Eyata edze abe menye ɖeko lãwo katã, siwo dome amegbetɔ tɔgbuiwo, si nye bosowo hã le, mexɔa amegbetɔ ƒe dɔlékui aɖewo koŋ o, ke womewɔa nu ɖe numekulawo ƒe dzɔdzɔmeŋutinunyalawo eɖoe koŋ dzea agbagba be yewoaxɔ dɔléle mawo na yewo hena dodokpɔwo gɔ̃ hã o. To vovo na ema

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dɔlékui aɖewo li siwo nye lãwo kple xeviwo koŋ tɔ, gake womekpɔa ŋusẽ ɖe wo dzi le mɔ si sɔ nu o, togbɔ be wole woƒe ŋutinuwo me ɣesiaɣi hã. Gake ne woxɔe ɖe amegbetɔ me la, dɔlékui mawo tututu dzea edzi le mɔ dziŋɔ kple afɔku gãtɔ kekeake nu. Ele be míatsɔ nyateƒe si wònye be lãwo mekpɔa dɔléle siwo katã nɔa anyi didi o la akpe ɖe esia ŋu.

Nuka gbɔe vovototo ɖedzesi sia tso? Nukae dea vovototo amegbetɔ kple lã dome le afisia ne menye eƒe numame si nye be wòana nunyiame eɖokui le "dekɔnu" ƒe sewo nu eye emegbe wòanɔ anyi ɖe eƒe kplɔ̃ ŋu le dziɖeɖi me eye wòatsɔ eƒe afɔwo atso wo nɔewo o? Mikpɔ alesi wòanɔ ne ŋkeke nyui siawo dometɔ ɖeka la, nyitsua tsɔe de ta me be yeazu "ame deŋgɔ" abe amegbetɔ ene, be yeaɖu yeƒe nuɖuɖu le eɖaɖa le ze me vɔ megbe eye ne edze dɔ la, awɔ abe ɖe... womenya susu siwo tae o. Emegbe ne ame aɖe do susua ɖa be ele be yeate kpɔ aɖu ye ɖokui le gbe ƒuƒu dzi la, ele be wòaɖe vɔvɔ̃ si le esi be ne yezã yeƒe ŋutilã ɖe nuɖuɖu si woɖa ŋu ta la, gbe ƒuƒu ate ŋu agblẽ nu le ye ŋu la afia. Mia ŋutɔwo hã mikpɔ alesi nyitsua anɔ egbea ne ɖe wòɖu gbe si woɖa ƒe akpe geɖe, eye mede ŋugble ɣeyiɣi kpui aɖeke be nusi wɔm wòle la nye nuwɔna si mele dzɔdzɔme nu o. Ke hã ɖoƒe siae egbegbe lãsubɔla nazãbulawo tsɔ wo ɖokui ɖo.

Aʋawɔwɔ kple dɔléle siwo xɔa ame me dzea egɔme tso a keŋkeŋ nukpɔsusu si mesɔ o. Menye ŋutilãa ƒe dɔlélenutsiŋutete ƒe ŋusẽdodoe na ame siwo kuna le dɔléle siwo xɔa ame me dzi ɖe kpɔtɔ o, ke boŋ to gotagome nɔnɔme siwo kakaa dɔlékuiwo dzi ɖeɖe kpɔtɔ me.
Le ɣeyiɣi aɖe megbe la, amegbetɔ ƒe tsitretsitsi ƒe ŋusẽ gbɔdzɔ ale gbegbe be ne míeɖe amenuveve siwo egbegbe xɔwo, tsidzɔƒe siwo le teƒe ɖeka, dugã me dzadzɛnyenye, dɔnɔwo ɖeɖe ɖe aga kple bubuawo nana ɖa, eye míetrɔ yi nɔnɔme siwo nɔ anyi ƒe 200 enye sia la, amegbetɔ woatsrɔ̃e to dɔvɔ̃ vovovo siwo kaka dzi le ƒe ʋɛ aɖewo ko me.

Aleke kee wòɖale o, egbea gɔ̃ hã la, auto-infections, abe esiwo naa ame ene catarrhal ƒe nɔnɔmewo, tsina kabakaba eye wòzua afɔku si womate ŋu aƒo asa na o na ameƒomea katã si ɖua nu siwo woɖa. Le alakpatɔa ƒe lãmenugbagbeviwo ƒe gbɔdzɔgbɔdzɔ ŋudɔwɔwɔ me la, nugbagbevi suesue siwo megblẽa nu le ame ŋu o va zua

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gblẽa nu le ame ŋu ŋutɔ. Davydovsky ŋlɔ bena: "Le egbegbe nyatakaka siwo ku ɖe dɔlékuiwo ƒe tɔtrɔ ŋu ƒe kekeli nu la, ele be míabu nukpɔsusu si nye be dɔlékui siwo hea dɔléle vɛ ate ŋu adzɔ tso dɔlékui siwo woyɔna be dɔlékui siwo menye dɔlékui o me be egogo nu ŋutɔŋutɔ ŋutɔ. Eyata typhoid, paratyphoid kple dysentery ƒe dɔlékuiwo ate ŋu atso." tso dɔgbo ƒe dɔlékuiwo me;aɖuɖɔtoedɔlékui ƒe dɔlékui ŋutɔŋutɔ ate ŋu ado tso alakpa dɔlékuiwo me.Tɔtrɔ mawo ate ŋu adzɔ le cocci ƒomevi ɖesiaɖe me, le anaerobes me, le dɔvɔ̃ kple yɔmekpe ƒe bacilliwo me kple le nu Auto-infection nye nu ŋutɔŋutɔ vevietɔ le amegbetɔ ƒe ŋutilã, ŋutigbalẽ kple lãkusi me nɔla siwo bɔ la ƒe asixɔxɔ ta."

Le dɔléle gbogbo aɖewo siwo xɔa ame me la, kpeɖodzi aɖeke meli be woxɔ dɔlékuiwo o. Le nyateƒe me la, dɔléle ɖesiaɖe si xɔa ame la dzena zi gbãtɔ le ame aɖe si gbɔdzɔ ƒe nugbagbevi si mebɔbɔ o me eye emegbe wòkakana ɖe ame bubuwo me. Le nyateƒe me la, nugbagbevi mawo dometɔ ɖesiaɖe nye dɔwɔƒe si me afɔku le na dɔlékui siwo hea dɔlékuiwo kaka kple wo kaka. Menye dɔwɔƒe ma tɔgbe mele amesiwo ɖua nu ƒuƒuwo dome o. Eyata nu ƒuƒu ɖulawo ƒe xexeame avo tso dɔléle siw

Woate ŋu aƒo nu tso Davydovsky ƒe nukpɔsusu le auto-infection ŋu kpuie ale: “Míaƒe ŋutilã ƒe akpa vevi siwo me auto-infection ƒe dɔwɔwɔwo dzɔna le enye: ŋɔti, tonsils, vermiform appendix, dɔgbo gã, ŋkume, bronchial tubes kple.” the urinary passages.Dɔléle siwo woxɔna le wo ɖokui sie nye: aɖuɖɔtoedɔ, ŋɔti me dɔdzẽ, dɔgbo ƒe dɔléle, aɖuɖɔtoedɔ, aɖuɖɔtoedɔ, aklãdɔ, cystitis, pyelitis, nephritis, ŋkume ƒe dɔléle, ŋutigbalẽ ƒe dɔléle siwo xɔa dzo, .

ƒumeŋuɖui, carbuncles, otitis, cholecystitis, ƒumeŋuɖui, vidzidzi megbe endometritis, kple bubuawo. Le nyatakaka siwo FG na nu la Barinski (ƒe 1949), le asrã dzĩ ƒe dɔlélewo katã dometɔ 50 le alafa me kple asrã 15 le alafa me koe woate ŋu akpɔ kadodo tẽ. Ne míagblɔe bubui la, le aɖuɖɔtoedɔlélawo katã ƒe akpa gãtɔ me la, kpeɖodzi aɖeke meli si ɖee fia be gotagome dɔlélea tso o. Le afisia hã la, kpeɖodzi siwo T. E. Boldyrev (ƒe 1949) na ɖee fia be typhoid dɔlélawo dometɔ 53 le alafa me tso womenya o. Dɔ si dɔlékui siwo tso gota wɔna dzi ɖena kpɔtɔna vivivi, si wɔnɛ be dɔlékui siwo tsoa lãmenugbagbeviwo me va xɔa nɔƒe. Đeke manɔmee

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ɖikeke le etsɔme la, woakpɔe adze sii be akpa vevitɔe nye auto-infections vavã, vevietɔ esi sidzedze si hiã si ana míate ŋu aɖe ŋutilã ƒe dɔwɔwɔ kple nɔnɔme siwo trɔna ƒe vevienyenye me bliboe haɖe o ta lãmenugbagbeviwo kple dɔlékuiwo ƒe nuwɔwɔ aduadu si sɔ va ɖo dɔléle ƒe nɔnɔme me.

"Le nusi gbɔ dɔléle siwo xɔa ame me tsona gome la, ele be míaɖe asi le eŋu." nukpɔsusu siwo wosusu le Koch, Ehrlich kple Pasteur ƒe ɣeyiɣia me ku ɖe gotagome kple ememe nyadzɔdzɔgblɔmɔnuwo ƒe nugbagbevi suesuewo ƒe 'dɔlékui' ƒe nɔnɔme ŋu. Le nya la ƒe gɔmesese bliboa nu la, menye dɔlékuiawo ŋutɔe nye dɔlékuiwo o, ke boŋ ŋutilã ƒe kadodo mawo siwo li le nugbagbevi si wona me le ɣeyiɣi aɖe koŋ me eye wodo ƒome le lãmenugbagbeviwo me kple tɔtɔ siwo le eƒe ɖoɖowɔɖiwo kple lãmekawo ƒe dɔwɔwɔ me. Nugbagbevi suesuesue tɔxɛ aɖeke mele dzɔdzɔme nu si 'hea dɔlékuiwo vɛ' o; ke hã, nusiwo doa dɔlélea ƒe ŋutete ɖe ŋgɔ le amesi te ŋu nɔa te ɖe dɔlékuiwo nu le dzɔdzɔme nu me ƒe nuwuwu meli o, eye wòtrɔna ɖe eŋu

Nyataƒoƒo ɖeka koe míate ŋu aƒo tso nusiawo katã me. Menye nugbagbevi suesueae hea dɔléle siwo xɔa ame me vɛ ŋutɔŋutɔ o, ke boŋ nugbagbevi la ƒe nugbagbeŋusẽ ƒe dɔwɔwɔ si sɔ ƒe nɔnɔme si gblẽ. Nugbagbevi suesuesuewo li tso gbaɖegbe ke, wogakpɔtɔ li eye woanɔ anyi tegbee. Aʋa si wowɔ be woatsrɔ̃ wo ahatsrɔ̃ wo la nye tagbɔsesẽ dzro aɖe ko. Le ŋkumaʋumaʋu ɖe nusiwo gbɔ dɔlélewo tsona ŋutɔŋutɔ ŋu ta la, amegbetɔ ƒe lãmenugbagbeviwo ƒe tsitretsitsi ƒe ŋusẽ dzi ɖe kpɔtɔ vivivi ale gbegbe be amegbetɔwo megalalana be dɔlékuiwo natso egodo o, ke boŋ woɖua wo dzi le dɔlékui siwo le woƒe ŋutilã me la te . Elabena le amegbetɔ ƒe nugbagbevi me la, dɔlékui mawo tututu siwo mete ŋu gblẽa nu le lã vɔ̃ɖitɔwo kekeake ŋu o la dzea ŋgɔ lãmenugbagbevi siwo gbɔdzɔ, siwo ŋu viɖe aɖeke mele o, siwo mewɔa dɔ o, siwo wowɔ tso lã, abolo, bɔta kple sukli me. Eyata mewɔ nuku o be ɖeko wodzea lãmenugbagbevi mawo dzi heɖua wo dzonɔamemetɔe. Ele be ame si si susu le nakɔ eƒe ŋutilã ŋu tso lãmenugbagbevi mawo siwo ŋu viɖe aɖeke mele o dometɔ ɖesiaɖe me, eye le ema megbe la, nugbagbevi sue aɖeke matsɔ dzideƒo ate ɖe lãmenugbagbevi siwo nye sɔhɛ, siwo sesẽ eye wosẽ ŋu siwo ava do tso atikutsetse bubumewo, nukuwo kple nukuwo me o. Nyateƒee, afisiae "ŋutilã ƒe d

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lãmenugbagbeviwo kple dɔlékuiwo ƒe nuwɔwɔ aduadu yi dɔlékui ƒe nɔnɔme me," si ŋu Davydovsky mete ŋu ɖe nu me le o.

Dɔ si dɔlékuiwutikewo wɔna abe atikewɔnuwo ene la nɔa anyi ɣeyiɣi kpui aɖe eye wòblea ame. Vivivi la, amewo va le dzi ɖem le wo ŋu. Esi woɖea dɔlékuiwo ƒe dɔwɔwɔ ƒe ŋusẽkpɔɖeamedziwo ɖa hena ɣeyiɣi kpui aɖe ta la, wogbɔdzɔna lãmenugbagbeviwo eye woʋua mɔ na dɔlékui sesẽwo emegbe.

Dɔlékuiwutikewo ŋuti nuteƒekpɔkpɔ si le kplikplikpli wu le asinye. Le dzɔdzɔmenunyiame ƒe anyimanɔmanɔ ta la, asrã si medzɔna edziedzi o si nɔa anyi ɖaa si tsoa dɔlékuiwo ƒe wo ɖokui kple ahamumu le wo ɖokui si hena vɛ ɣesiaɣi, eye zi geɖe la, woƒe dzoxɔxɔ nɔa tɔtrɔm le 37.8°C dome. kple 38 °C ƒe dzoxɔxɔ. Mekplɔ vinyea yi Paris eye metsɔe de asi na "eŋutinunyala" xɔŋkɔ siwo le afima la ƒe beléle. Nublanuitɔe la, to dɔlékuiwutikewo dodokpɔ vovototomademadetɔe me la, wodo woƒe dzoxɔxɔ ɖe dzi va ɖo 40-41°C. eye esi eƒe dzi kple ayikuwo gblẽ la, wowui mlɔeba, evɔ womete ŋu de dzesi eƒe dɔlélea o.

Nu ma tututue dzɔ ɖe vinyenyɔnua hã dzi, gake egadzɔ ɖe edzi kokoko ŋutasẽnuwɔwɔ geɖe wu, le ƒe eve megbe. Metsɔe da ɖe Anscharhohe Ðeviwo ƒe Kɔdzi (Kinderkrankenhaus Anscharhohe) le Hamburg, afisi Ðɔkta Wolfgang Tiling aɖe wɔ dodokpɔ siwo me amegbetɔ ƒe nɔnɔme mele o wu ɖesiaɖe le vinye dahe la ŋu le. Gbesiagbe la, eɖea ʊu gbogbo aɖe ŋutɔ, si wòwɔa dodokpɔ vovovowo le nudokpɔƒe alo doa atike na sisiblisi kple avugbɔ̃e dahe gbogbo aɖewo, hewɔna abe ɖe to dɔlékuiawo dzidzi ɖe edzi me la, yedi be yeade dzesi nugbagbevi ŋutɔŋutɔ si gbɔ dɔlélea tso, gake esi mete ŋu de dzesii le eƒe dɔdamɔnu dodokpɔ siwo mebɔ o me o. Zi alesi vinye ƒe dzoxɔxɔ dzi ɖe edzii la, zi nenemae dɔlékuiwutike siwo wodo nɛ ƒe agbɔsɔsɔme lolona eye woƒe ƒomeviwo hã to vovoe. Esi dɔlékuiwutikewo ƒe agbɔsɔsɔme dzi ɖe edzi la, dzoxɔxɔa nɔ dzi yim ɖe edzi, vaseɖe esime wònɔ tɔtrɔm atraɖii le 39°C dome. kple dzoxɔxɔ si nye 41°C. eye aɖuɖɔtoedɔ ƒe dzesiwo va dze ƒã vevie. To eƒe "dzɔdzɔmeŋutinunya" mɔnu dzi la, ena dɔlélea do kabakaba, eye wòɖe eƒe ɣeyiɣi "si sɔ" si nye ƒe ene dzi kpɔtɔ va ɖo ɣleti ɖeka pɛ ko. Ebu ɖevia be enye aʋatsotɔ eye wòdo vɔvɔ̃ na mí ɖe alakpadzixɔsea me

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be ne wometsɔ cortisone nɛ alo woɖe eƒe lãmenugbagbeviwo le ememe o la, manɔ agbe wu kwasiɖa ɖeka o.

Ŋkeke mawo mee meva ke ɖe Bircher-Benner ƒe Germanygbe ŋu agbalẽ si ƒe tanyae nye "Nunyiamedɔlélewo" ("Ernahrungskrankheiten" , Erster Teil, 1933). Enumake meɖe vinyenyɔnua do goe le kɔdzi ma hetsɔe de asi nɛ be wòakpɔ dzɔdzɔmenunyiame dzi. Le akunyawɔti aɖe ƒe ƒutsotsoe kpata me la, vinyea ƒe dzoxɔxɔ ɖiɖi va ɖo 37°-37.5 °C. eye eƒe aɖuɖɔ ƒe agbɔsɔsɔ dzi ɖe edzi tso 200m1 va ɖo lita eve gbesiagbe. Le kwasiɖa ɖeka me la, etso ɖe eƒe afɔwo dzi hezɔ to xɔa me be yeaʋu ʋɔa na ɖɔkta ma si ƒe dzi me mekɔ o, amesi ƒe mo wɔ yaa eye wòvɔ̃na na ŋukpe ale gbegbe be le aʋatsokaka aɖe si ŋu kpeɖodzi mele o ta la, egbe be yemana kɔdzia ƒe kɔpiwom o nuŋlɔɖiwo kple dɔdaƒewo ƒe dodokpɔwo.

Ne ɖe meyi edzi nɔ nuɖuɖu ƒuƒu dzro aɖe nyim ɖevia la, anye ne ele agbe egbea godoo. Gake ɣemaɣi la, mebua nuɖuɖu ƒuƒu be enye atikewɔmɔnu eye megaxɔ vitamin siwo wowɔ kple asi dzi se kokoko. Be manya nunyiame ƒe ɖoɖo si le Đɔkta Bircher Benner ƒe Dɔnɔdzikpɔƒe si nye Ame ŋutɔ tɔ nyuie la, mekplɔ ɖevia tso Hamburg yi Zurich eye metsɔe de atikewɔƒe ma ŋkeke 23 sɔŋ. Mate ŋu agblɔ le afisia, le mɔa nu, be nublanuitɔe le Đɔkta Bircher Benner ƒe ku megbe la, wotrɔ asi le eƒe nunyiame ƒe ɖoɖoa ŋu ŋutɔ to nuɖuɖu siwo woɖa, nyinotsi, vitamin kple atike bubuwo dodo ɖe ŋgɔ me.

Aleke kee wòɖale o, esi eƒe nɔnɔmea nyo ɖe edzi kabakaba de dzi ƒo nam ta la, mesusu be anya wɔ be woagbugbɔ eƒe lãmesẽ aɖo eƒe akpa aɖe to nunyiame ƒuƒuwo dzi eye le akpa aɖe me to nuɖuɖu siwo woɖa kple vitamin siwo wowɔ kple asi me. Aleke kee wòɖale o, ƒe ene pɛ koe míete ŋu didi eƒe agbenɔƒe ɖe edzi.

Nye ŋutɔ menye amegbetɔ ƒe, aʋadziɖuɖu ɖe auto-infections dzi ƒe kpɔɖeŋu ɖedzesi aɖe. Ƒe 20 kple edzivɔe nye sia si aɖuɖɔtoedɔléle si nɔa anyi didi nɔ fu ɖem nam ale gbegbe be zi geɖe le ƒea me la, metsɔa vuvɔ ƒe amedzidzedze sesẽtɔ kekeake yia nye aba dzi ɣesiaɣi. Gake nuɖuɖu ƒuƒu ɖuɖu trɔ nusiawo katã eye togbɔ be ƒe ewo enye sia la, memlɔa dziŋgɔli si le gbadzaa te le ƒe bliboa me, ɣeaɖewoɣi le vuvɔŋɔli ƒe vuvɔ fafɛ si nye dzidzenu 15 alo 16 me, eye nugbagbevi suesueawo gakpɔtɔ nɔa woƒe nɔƒewo hã la, .

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zi ɖeka pɛ hã meku alo mese le ɖokuinye me be vuvɔ le ŋunye o. Medi be magblɔ kpee to mɔ si nu be alɔ̃dɔdɔ le gota le dzomeŋɔli mehiã kalẽwɔwɔ tɔxɛ aɖeke o. Nusi hiã koe nye be wòatsyɔ ŋutilãa dzi nyuie eye wòana mo naʋu be ya nyui nate ŋu age ɖe eme. Tsɔ kpe ɖe eŋu la, ele vevie be woaɖe asi le nuɖuɖu siwo woɖa ŋu ale be woaɖe nusiwo hea alɔ̃madɔmadɔ kple aba dzi ʋuʋu madzudzɔmadzudzɔe vɛ la ɖa.

Kansa Nye Lãmenugbagbeviwo ƒe Gbegblẽ Kpata Me Tsonu

Abe alesi wòle le dɔléle bubuwo katã gome ene la, nusiwo hea kansa vɛ hã nye woɖe eme bɔbɔe ŋutɔ le dzɔdzɔmesewo ƒe kekeli nu.

Lãmenugbagbeviŋutinunyalawo wɔ numekuku gbogbo aɖewo be yewoake ɖe vovototo siwo le lãmenugbagbevi siwo sɔ kple kansa lãmenugbagbeviwo ƒe wɔwɔme dome ŋu. Le nyateƒe me la, wokpɔe be kansa lãmenugbagbeviwo nye lãmenugbagbevi siwo ƒomevi bɔ ŋutɔ siwo ƒe wɔwɔme kple ŋutete si hiã be woawɔ dɔ aɖeke si ŋu viɖe le kura o. Woƒe taɖodzinu ɖeka koe nye be woaɖu protein (xɔtunuwo) eye woadzi ɖe edzi.

Abe alesi míenyae ene la, nu ma tututu le alakpatɔ la ƒe lãmenugbagbeviwo si nɔnɔme nyuiwo. Vovototo ɖeka koe le alakpatɔ ƒe lãmenugbagbeviwo ƒe gbegblẽ kple kansa ƒe lãmenugbagbeviwo dome. Le teƒe si wòle le nɔnɔme aɖewo me gome la, ame ŋutɔŋutɔ kpɔa dzidzedze le alakpatɔ la ƒe lãmenugbagbeviwo léle ɖe eƒe ŋusẽ te me. Ekakaa wo ɖe eƒe nugbagbe ƒe teƒe siwo le ablɔɖe me, etsɔa wo yɔa do ƒuƒluawo me, etsɔa wo ƒua gbe ɖe eƒe ŋutigbalẽ te, etsakaa wo kple eƒe lãmenugbagbevi siwo sɔ eye wòtoa esia me, hena ɣeyiɣi aɖe ya teti la, eléa ŋutinu kple ɖoɖo siwo sea nu gɔme na wo la ɖe te eƒe ŋutilã ablɔɖe tso woƒe nyaƒoɖeamenu ƒe afɔku me.
Amesiame ate ŋu akpɔ alakpaŋutsua ƒe kpekpeme gã la kple ŋku dzro, eye ɣeaɖewoɣi la, eƒe kpekpeme ɖoa kilogram 60-70. Ne wotsɔ kpekpeme ma ƒe kilo ʋɛ aɖewo de lãkusi alo ŋutinu aɖe me la, lãkusi alo ŋutinu si wona la ƒe dɔwɔwɔ azu lãmetututɔ godoo le nyaƒoɖeamenu si ado tso eme ta. Mɔ sia tututu dzie kansa tona wua ŋutsu ƒe agbe.

Woyɔ alakpatɔ la ƒe lãmenugbagbeviwo, abe kansa tɔ ene va nɔ anyi to nuɖuɖu si woɖa le nuɖaƒe na...

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taɖodzinu vevitɔ si nye be woawɔ nu abe nuɖuɖu mawo ɖula veviedonula ene. To ame ŋutɔŋutɔ ƒe ametakpɔkpɔ ƒe agbagbadzedzewo me la, alakpatɔ la ƒe lãmenugbagbeviwo mete ŋu xɔa nusiwo mele dzɔdzɔme nu o siwo gena ɖe ŋutilãa me to numame ƒe mɔ dzi ƒe agbɔsɔsɔ gã la keŋkeŋ o, eye le esia ta nu mawo ƒe akpa gã aɖe buna taɖodzinu aɖeke manɔmee to dzotɔtɔ wo hetrɔe wòzu dzoxɔxɔ si mehiã o me. Be alakpatɔ ƒe lãmenugbagbeviwo nate ŋu aɖu nuɖuɖu gbogbo mawo faa la, wodzea agbagba be yewoakpɔ yewo ɖokui, yewoanɔ nuto ɖesiaɖe si yewodi me eye yewoaƒo yewo ɖokui bliboe. Ne wo dometɔ ɖeka alo geɖe kpɔ dzidzedze le woƒe agbagbadzedzewo me la, wodzea nuɖuɖu siwo woƒe aƒetɔ ŋuklẽla tsɔna na wo la ɖuɖu gɔme kabakaba si womate ŋu axɔ ase o. Eyata tso lãmenugbagbevi ɖeka alo eve siwo meɖi naneke o dzi la, lã wɔadã si nana ameƒomea katã nɔa eƒe ŋɔdzinu si wua ame ƒe asi me la va doa mo ɖa.

Le dɔléle ƒe dɔwɔwɔ gbogboawo dometɔ aɖeke me la, míedoa go nɔnɔme ma tɔgbe si me le lãmenugbagbevi miliɔn geɖe dome la, lãmenugbagbevi ɖeka alo eve koe kuna le dɔléle ta o.

Ŋutsu si ƒe nukpɔkpɔ me kɔ si si nugɔmesese le be wòaxɔ eƒe susu me kple kuxi veviwo mate ŋu adzudzɔ nyabiase bometsinya siwo ŋu numekukuŋutinunyalawo gblẽa woƒe ɣeyiɣi, ga kple ŋusẽ le la ŋu bubu o. Be woaɖe kansa ƒe dzɔdzɔ me la, woyɔ atike vovovo siwo ade 400 siwo hea kansa vɛ, siwo, negbe nuɖuɖu me nyawo koe mele eme o la, kadodo suetɔ kekeake mele wo kple nu vevi siwo hea kansa vɛ dome o. Ele be ame ɖesiaɖe nabia nya sia eɖokui be: “Ne míelɔ̃ ɖe edzi be aɖi, keklẽ, dzikudodo atraɖii, abi, dzobibi, dɔlékuiwo, nicotine, aŋɔ kple nu bubu gbogbo aɖewo ate ŋu, abe nusiwo gblẽa nu le ame ŋu ene la, ate ŋu ana lãmenugbagbeviawo naxɔ woƒe ƒuƒoƒoa o.” wɔwɔme kple woƒe ŋutete be woawɔ dɔ, alo agblẽ nu le wo ŋu, be woaɖe wo ɖa, agbã wo ahawu wo, gake mɔ ka dzie woate ŋu ato ana ŋusẽ gã aɖe nanɔ lãmenugbagbevi ɖeka alo eve me ale gbegbe be woate ŋu awɔe, le ɣeyiɣi kpui aɖe ŋutɔ me ɣeyiɣi, be woamu eye emegbe woagblẽ amegbetɔ ƒe ŋutilã ƒe xɔ wɔnuku bliboa katã keŋkeŋ?"

Ŋusẽ dziŋɔ ma nye nusi nugbagbevi la tɔ ŋutɔ ɖaa veviedodotɔe, ɖanɛ, dzranɛ ɖo eye wòtsɔnɛ naa lã wɔadã la hena etɔ

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eya ŋutɔ ƒe tsɔtsrɔ̃ mamlɛtɔ. Kansa nye lãmenugbagbeviwo ƒe gbegblẽ kpata kple nunyiame si mele dzɔdzɔme nu o me tsonu si womate ŋu aƒo asa na o ƒe kpeɖodzi gbagbe.

Le woƒe numekukuwo me la, dzɔdzɔmeŋutinunyalawo doa go nu ŋutɔŋutɔ siwo gbɔ kansa tsona zi geɖe. Woléa kpeɖodzi siwo ŋu womate ŋu ake ɖi le o la ɖe asi, wokpɔa wo hena ɣeyiɣi aɖe eye woɖoa kpe wo dzi gɔ̃ hã, gake ɣesiaɣi si nuɖuɖu ƒe ɖoɖo siwo bɔ ƒe tɔtrɔ ƒe nyabiasea va be woade ŋugble le wo ŋu la, wotua woƒe ŋkuwo le movidzɔdzɔ ta, abe ɖe dziɖegbe ƒo wo ene, eye wometsia anyi vie o la, wotsɔa woƒe afɔkpodziwo ɖoa afɔkpodzi, elabena womeDI be yewoakpɔ naneke si mele dzɔdzɔme nu o le yewoƒe nunyiame ƒe nɔnɔmewo me o. Vevietɔ, amesiwo MEDI be yewoaɖe ɖeklemi abolo si yewoɖuna eye wobunɛ be enye kɔkɔenyenye ƒe geɖe o, eye womedea ŋugble ɣeyiɣi kpui aɖe be kaka wòaɖo kplɔ̃a dzi la, woƒo ɖii zi gbɔ zi geɖe to etutu me o , ʊuuu, ƒoƒo kple abolomegba.

Lãmenugbagbeviŋutinunyalawo kpɔe kɔte be lãmenugbagbevi siwo si wɔwɔme tɔxɛ kple dɔwɔwɔ ƒe ŋutete aɖeke mele o ye hea kansa vɛ, ke hã le woƒe nukpɔsusu nu la, amesi woyɔna be ame si le lãmesẽ me ƒe lãmenugbagbeviwo katã (togbɔ be wonye nunyiame si mele dzɔdzɔme nu o ƒe kutsetse hã) koŋ lãmenugbagbevi siwo tsi bliboe eye wode blibo siwo ƒe nɔnɔme siwo sɔ la va le wo si emegbe to kansadɔlékui aɖewo ƒe ŋusẽkpɔɖeamedzi me. Ne míagblɔe bubui la, dɔwɔƒea ƒe mɔnu nyuiwo ƒe anyimanɔmanɔ le nusiwo gblẽ le eƒe wɔwɔ me ŋu do ƒome kple nusianu si dzɔna le vome, gake ƒomedodo aɖeke mele wo kple xɔtunu siwo wona dɔwɔƒe ma o, alo kple xɔtunu xoxoa ƒe nɔnɔme kple nyonyome o nusiwo hiã hena ewɔwɔ. WoMEDI BE YEWOAKPƆE be lãmenugbagbevi miliɔn geɖe siwo ƒe wɔwɔme kple dɔwɔwɔ nyuie bu la yɔ nuɖala siwo katã ɖua nu ƒe ŋutinuwo me tegbee o. Azɔ mayɔ nya ʊee aɖewo tso Cowdry ƒe "KANSA LÃMEŊUTINWO" me siwo me nuxlẽla akpɔ alesi gbegbe nusiwo gbɔ wòtso ŋutɔŋutɔ la dze ƒã eye wòdze ƒãe

kansa nye.

Cowdry ŋlɔ (axa 11): "Ne wobu le woƒe ŋgɔdolawo ƒe subɔsubɔdɔ tɔxɛ bliboa alo eƒe akpa aɖe me la, kansa lãmenugbagbeviwo bua xɔtuɖoɖo ƒe nɔnɔme siwo nana wɔa dɔ ma koŋ la le dzidzenu ɖeka nu."

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ate ŋu adzɔ. Womate ŋu alé xɔtuɖoɖo me ɖe asi le dɔwɔwɔ ƒe anyimanɔmanɔ me abe alesi woate ŋu alé dɔwɔwɔ me ɖe asi ne xɔtuɖoɖo si sɔ kplii meli o ene o." Cowdry ŋlɔ be be yeatsɔ nyateƒe si dze ƒã wu si dzi woato akpɔ kansa ƒe nya ɣaɣla gbɔ zi ɖeka ɖe ɣeyiyiawo katã nu la akpe ɖe eŋu.

Eyae nye be, be woate ŋu alé wɔwɔme kple dɔwɔwɔ me ɖe asi la, nu xoxowo nye nudidi veviwo, eye ne wotrɔ NU GBÃTƆ mawo wozu NU SIWO WOKPƆ la, womalé xɔtuɖoɖo eveawo dometɔ aɖeke me ɖe asi o, eye womawɔ dɔ hã o.

Le lãmenugbagbeviwo ƒe tsitsi nyuie gome la, Cowdry yɔ nya tso Rusch ƒe nyawo me ale: "Mɔnu geɖe siwo ate ŋu anɔ lãmenugbagbevi gbãtɔwo me siwo dea dzesi vovototodedeameme mlɔeba. Mɔnu siawo va zua dɔwɔwɔ le dɔwɔwɔ me ne nusiwo le eme ɖo agbɔsɔsɔme ƒe seƒe aɖewo" (axa 15). Le tɔtrɔ zu kansa me "Kansadɔlékuiwo hea tɔtrɔ vɛ le lãmenugbagbevi ƒe dɔ tɔxɛ ɖeka alo esi wu nenema me. Tɔtrɔ si dona tso eme la nye domenyinu." Gake, "Lãmenugbagbevi siwo kpe fu le domenyiŋusẽfianu ƒe tɔtrɔ sia tɔgbe me ate ŋu abia be woabu kpeɖeŋutɔ ƒe nu bubuwo hafi woazu dɔdzẽ siwo le wo ɖokui si keŋkeŋ" (axa 17).

Menye lãmenugbagbevi siwo tsi bliboe eye wole etɔxɛe mee wowɔa kansa tsonɛ o. "Azi kple tsinyenye nye lãmenugbagbevi siwo to vovo ŋutɔ siwo mezua nu vɔ̃ɖi o eye wodzia kansa siwo me tsinyenye alo azi lãmenugbagbeviwo le dzidzim ɖe edzi mɔxenu siwo wozãna ɖaa manɔmee eye wodzea anyigbamama siwo nye lãmenugbagbevi siwo sɔ, siwo wɔa nu nyuie la tɔ dzi" (axa 333).

Dɔ vevi siwo kansa lãmenugbagbeviwo wɔnae nye be woadi nu siwo me nitrogen le, woaɖu lãwo ƒe proteinwo, woaxɔ amino acidwo le wo si, woawɔ protein siwo mesɔ o eye woawɔ dɔ vovovo bubu siwo ƒe nɔnɔme sɔ kple wo nɔewo. Wobu kansa "be ewɔa dɔ abe 'nitrogen mɔ̃' ene si ɖea amino acidwo ɖa le ŋutilã ƒe ta me evɔ meɖea mɔ ɖe tɔtrɔ aɖeke ŋu wòdzena le eŋu o" (axa 39). Wogblɔ le eƒe anyime (afima ke): "Edze abe lãmenugbagbevi vɔ̃ɖiwo ƒe nitrogen ƒe asitɔtrɔ yia edzi to lãmenugbagbevi siwo wɔa nu nyuie, subɔsubɔ ŋutilãa nyuie, nusiwo wohiã vevie la xɔxɔ me ene." Anye ne woakpɔ nya ɣaɣla la gbɔ bɔbɔe ne ɖe wotsɔ nya siwo nye "VIÐEŊU KPLE NU GBƆGBƆ" ɖɔ li nya siwo nye "ehiã vevie". Christensen kple Henderson (ƒe 1952) bu alesi amino acid nyo wu

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nuƒoƒoƒu to carcinoma lãmenugbagbeviwo dzi "nu vevi aɖe le neoplastic cell ƒe tsitsi kple dzidziɖedzi me le lã si gblẽa nu me" (ibid.). Le woƒe nukpɔsusu nu la, menye dzɔdzɔmenuɖuɖuwo ƒe anyimanɔmanɔ tae wogblẽ lãa dome ɖo o, ke boŋ le amino acid ƒe agbɔsɔsɔ si mesɔ gbɔ o ta.

Kansa lãmenugbagbeviwo wɔa proteinwo ɣesiaɣi. Cowdry ŋlɔ bena (axa 10). 152): "Wobua dɔléle vɔ̃ɖi zi geɖe be edo ƒome kple protein ƒe wɔwɔme si mesɔ o kple protein siwo mesɔ o ƒe wɔwɔme si ate ŋu adzɔ. Protein kple nucleoprotein ƒe wɔwɔme si yia edzi le net me li be woana lãmenugbagbevi yeye le dɔdzẽ siwo le tsitsim me, esime esiawo ƒe wɔwɔme." nusiwo le lãkusi siwo metsi o siwo sɔ me la da sɔ to gbagbã si sɔ me." Le teƒe bubu la, eyɔ nya tso Caspersson (ƒe 1950) me be: "Edze abe vovototo vevi aɖe le dɔdzẽ ƒe lãmenugbagbevi vɔ̃ɖi kple lãmenugbagbevi si le tsitsim le dzɔdzɔme nu dome ene le protein wɔwɔ ƒe ɖoɖo ƒe ŋgɔyiyi gome. Le dɔdzẽ ƒe lãmenugbagbevi vɔ̃ɖi me la, lãmenugbagbeviwo ƒe mɔxexeɖedɔléle nu ƒe mɔnu, si zi geɖe la, eɖoa seɖoƒe na protein-wɔwɔ ƒe ɖoɖoa ƒe dɔwɔwɔ, dzudzɔ, dɔwɔwɔ, si hea tɔtrɔ tɔxɛwo vɛ le lãmenugbagbeviwo ƒe nɔnɔmetata me" (axa 10-102). Ðe wòhiã be míate gbe ɖe edzi be protein siwo ŋu nya ku ɖo la menye protein siwo wokpɔna tso weintsetse alo akɔɖu me o, ke boŋ esiwo woɖa alo ɖa le dzodoƒe eye lãmenugbagbevi siwo sɔ la gbea?

Dzɔdzɔmeŋutinunya me numekuku bubuwo ɖee fia be agbɔsɔsɔme si... ami siwo le kansa lãmenugbagbeviwo me sɔ gbɔ wu alesi wòle, gake vitamin kple mineral ya ya mede alesi wòle o.

Cowdry lɔ̃ ɖe edzi be "Lãmenugbagbeviwo, siwo nye dɔléle vɔ̃ɖiwo kple bubuwo, nye ame sue siwo gɔme sese sesẽ ale gbegbe kloe. Ðewohĩ nugbagbeŋusẽ vovovo siwo ade 10,000 ate ŋu anɔ wo dometɔ ɖesiaɖe me, tso ion siwo me agbe mele o dzi va ɖo protein kple nucleoprotein siwo sesẽ wu dzi, siwo wɔa dɔ kple wo nɔewo tẽ alo le mɔ si mele tẽ o nu." ..ele be dɔwɔnawo ƒe dadasɔ le lãmenugbagbevi gbagbe me, si nye lãmenugbagbevi ƒe agbenɔnɔ ƒe ɖeɖefia gaglãa katã, nanye dɔwɔwɔ le ɣeyiɣi ɖesiaɖe me si me ʊuʊudedi ƒe kadodo sesẽ ŋutɔ le nu siawo dome.Be woaɖe lãmenugbagbevi ɖesiaɖe ƒe nɔnɔme gɔme bliboe la, ɖeka ahiã be woatsɔ ʊuʊudedi aɖɔ ƒomedodo gbogbo siwo le eme.Esi wònye be manya wɔ be woatso nya me le agbɔsɔsɔme

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tɔtrɔ ʊɛ aɖewo le ɣeyiɣi ɖeka me la, míate ŋu akpɔ nɔnɔme sesẽ bliboa ƒe nukpɔsusu si seɖoƒe li na ŋutɔ ko. Akɔntabubu ƒe ɖoɖo siwo ƒo nu tso akpa 4 alo 5 ƒe ɖoɖowo ŋu la hea kuxi gãwo vɛ, tsɔ kpe ɖe esiwo ku ɖe tɔtrɔ akpe geɖe ŋu" (axa 151-152). Ale míaƒe dzɔdzɔmeŋutinunyalawo, amesiwo si ameƒomea katã ƒe dzɔgbese le la, menya nu boo aɖeke tso... lãmenugbagbeviwo ƒe wɔwɔme.Ke hã togbɔ be woƒe sidzedze mesɔ gbɔ o hã la, woŋea aɖaba ƒua dzɔdzɔme si wɔ lãmenugbagbevi sesẽ mawo dzi eye wonana amewo xɔe se be to yewo ŋutɔ yewoƒe akɔntabubu siwo sɔ pɛpɛpɛ dzi ye yewoate ŋu anya nusiwo tututu wobia tso wo si le nɔnɔme kple agbɔsɔsɔme gome lãmenugbagbeviwo le protein, ami, carbohydrates, vitamin, mineral, kple bubuawo gome.

Woyia ŋgɔ ale gbegbe gɔ̃ hã be gbã la, wodoa vlo mɔ̃ɖaŋudɔwɔlagã la ƒe nunya to alesi womeda asi ɖe nusi wòɖo dzi o me, eye emegbe wotoa nu vovovowo vɛ le woƒe dɔwɔƒewo hetsɔa wo naa mí. Na nuxlẽla la ŋutɔ natso nya me nenye be woƒe nuwɔnawo nye nukokoe alo nublanuinya.

Dzɔdzɔmeŋutinunyala siwo wɔa numekuku la ƒo kpeɖodzi geɖe nu ƒu tsɔ ɖee fia be gazazã ɖe mɔ nyuitɔ nu alo mɔxexe ɖe nuɖuɖu nu xea mɔ na kansa ƒe dzɔdzɔ kple eƒe tsitsi, alo ya teti. Le Xexemeʋa Gbãtɔ me le nuɖuɖu ƒe mama sesẽ si nɔ dɔ wɔm ɣemaɣi le Denmark, Russia, Germany kple Austria te la, amesiwo kuna le kansa ŋu mesɔ gbɔ wu esi woɖe nuɖuɖu ƒe mama ɖa le aʋaa ƒe nuwuwu megbe. Le Hindhede (ƒe 1925) ƒe nukpɔsusu nu la, nuɖuɖu fũu akpae na ku ƒe dzidziɖedzi sia si kplɔe ɖo.

Cowdry yɔ kpɔɖeŋu siwo tso dodokpɔ siwo wowɔ le lãwo ŋu me be: “Wotsɔ kafukafu na Moreschi (ƒe 1909) si McCay (ƒe 1947) tsɔ keke Britaintɔwo ƒe numekula siwo nɔ anyi do ŋgɔ ƒe dɔ si wodi be yewoaɖee afia be mɔxexe ɖe nuɖuɖu nu xea mɔ na dɔdzẽ ƒe tsitsi le lãwo me, alo nar Sarcoma siwo Moreschi do ɖe sisiblisiwo me la sɔ gbɔ ɖe nuɖuɖu agbɔsɔsɔme si wona wo nu. Mice siwo ɖua nuɖuɖu si ŋu seɖoƒe le la nɔa agbe didi eye dɔdzẽ dodo ɖe wo me sesẽna wu mi siwo ɖu nu bliboe.

"McCay kple eƒe hadɔwɔlawo wɔ numekuku ɖedzesi aɖewo ŋutɔ tso... sisiblisiwo tsi megbe to ŋusẽ si le nuɖuɖua me dzi ɖeɖe kpɔtɔ va ɖo esi sɔ na beléle nɛ, gake mesɔ gbɔ na tsitsi o me. Aleae wowɔ ƒuƒoƒo ɖeka

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vi wu ŋkeke 700 eye bubu wu ŋkeke 900 evɔ womeɖe mɔ nɛ be wòatsi vaseɖe tsitsime o, togbɔ be sisiblisi sia ƒomevi ƒe agbenɔƒe le mama dedie nu le nɔnɔme siwo bɔ me anɔ abe ŋkeke 600 ene hã. Ne wona nuɖuɖumeŋusẽ si sɔ la, sisiblisi siwo tsi megbe la tsina eye woate ŋu anɔ agbe ŋkeke 1,400 alo esi wu nenema katã — wu woƒe agbenɔƒe si sɔ ƒe teƒe eve" (axa 394-395). Agate ŋu adzɔ be, le McCay, Sperling kple Barnes (1943) ƒe nya nu la, "dɔdzẽ ƒe tsitsi meɖi naneke le sisiblisi siwo ƒe tsitsi tsi megbe vaseɖe esime woɖe mɔ na wo be woaɖo tsitsi gbɔ vɔ megbe o" (axa 396). Nu wɔnuku kawoe nye esi womakpɔ o ne wona nuɖuɖu sisiblisi mawo le nuɖuɖu si ŋu seɖoƒe le si nye nuɖuɖu ƒuƒu ɖeɖeko me.

Dodokpɔ bubuwo ɖee fia be dɔdzẽ ƒe dɔléle 150 va do mo ɖa le sisiblisi 198 siwo wona nuɖuɖu "si sɔ' dome, gake to vovo na dɔdzẽ 38 koe le sisiblisi 200 siwo tsi megbe dome — lã siwo ƒe akpa aɖe xɔ nusi woyɔna be nuɖuɖu si sɔ la nuɖuɖu si kakaa amewuwu nublanuimakpɔmakpɔtɔe alea eye wònaa agbenɔƒe nɔa kpuie zi geɖe?

Wodze agbagba le ɣeyiɣi vovovowo me be woana ƒomedodo si le ame ƒe kpekpeme kple kansa ƒe ku dome me nakɔ to nugblẽfexeɖoɖo ƒe akɔntabubuwo me toto me. Le ƒe 1913 me la, Agbe Nugblẽfexeha ƒe Atikewɔwɔ Ŋuti Dɔdzikpɔlawo ƒe Habɔbɔ kple Amerika ƒe Nugblẽfexeha si Kpɔa Nugblẽfexeɖoɖowo Gbɔ ƒe kɔmiti ɖeka kpɔ nugblẽfexeɖoɖo 774,672 siwo ŋutsu siwo xɔ tso ƒe 20 va ɖo ƒe 62 ƒle la gbɔ. Emegbe wokpɔe be le ŋutsu siwo xɔa nugblẽfexeɖoɖo le ƒe 30-44 me gome la, kansa ƒe ku ƒe agbɔsɔsɔme nye amesiwo lolo akpa 37, le amesiwo ƒe kpekpeme sɔ gbɔ wu ƒe 32 kple amesiwo ƒe kpekpeme mede 24 o gome, wobu akɔnta le 100,000 nu. Le ƒuƒoƒo tsitsi siwo xɔ ƒe 45 kple edzivɔ gome la,...

agbɔsɔsɔ si sɔ kplii nye 156, 144 kple 120, le wo nɔewo yome.
Le Union Central Life Insurance Company ƒe nuŋlɔɖi siwo me wodzro le ƒe 1932 me nu la, esiawoe nye amesiwo kuna le kansa me, siwo dzea egɔme tso lolo akpa 25 le alafa me alo esi wu nenema dzi va ɖo 50 le alafa me ƒe lolo akpa dzi: 143, 138, 121, 111, 114 kple 95, the xexlẽdzesi 111 si fia kpekpeme "si sɔ". Nyitsɔ laa la, le Statistical Bulletin of the Metropolitan Life Insurance Company (ƒe 1951) ƒe nya nu la, ŋutsu siwo lolo akpa ƒe ku le dzitodzito kple ayiku ƒe dɔléle ta

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gasɔ gbɔ wu dzidzenua ƒe afã eye esi tso suklidɔ gbɔ la ade dzidzenua ƒe teƒe ene. Esiawoe nye nunana siwo alakpatɔ la naa ameƒomea.

Le ƒe 1900 kple 1950 dome la, dzitodzito me dɔlélewo kple kansa ƒe ku ƒe dzidziɖedzi le United States of America le ale. Le ƒe 50 me la, amesiwo kuna le kansa ta dzi ɖe edzi tso 64 va ɖo 139.6 le ame 100,000 ɖesiaɖe me, evɔ le dzitodzito me dɔlélewo gome ya dzi ɖe edzi tso 244 va ɖo 478.1. Le nusianu me la, le ƒe 1950 me la, le ame 803.9 siwo kuna le ame 100,000 ɖesiaɖe me le nu vevi ewo siwo gbɔ wòtsona me la, dzitodzito me dɔlélewo kple kansae nye ame 617.7. Akɔntabubu yeyetɔ siwo li siwo gaɖe dzesi wue nye ƒe 1964. Fifia amesiwo kuna le kansa ta dzi ɖe edzi va ɖo 151.3, evɔ amesiwo kuna le dzitodzito me ya dzi ɖe edzi va ɖo 508.6, si na xexlẽme si woƒo ƒu nye 659.9 le ame 939.7 katã me tso wo katã dome nusiwo gbɔ wòtsona. Esiawoe nye atikewɔwɔ ƒe "ŋgɔyiyi" me tsonu wɔnukuwo; ɖɔktawo, kɔdziwo kple atikewo ƒe agbɔsɔsɔ si do tso eme wòwɔ nuku; nusiwo dona tso nuɖuɖuwo ƒe "kɔklɔ kple wo ŋu kɔklɔ" me si womate ŋu aƒo asa na o. Ame ate ŋu akpɔ nɔnɔme si me nuwo le le susu me nyuie ne "ŋgɔyiyi" si li fifia yi edzi ƒe 50 bubu.

Le United States of America ƒe akɔntabubu si dziɖuɖua da asi ɖo nu le ƒe 1964 me la, ame 1.4 le alafa me koe woate ŋu agblɔ be "Dzesiwo, tsitsi kple nɔnɔme siwo womeɖe fia nyuie o" gbɔe wòtso. Le hatsotso sia me la, tsitsi nye nususugblɔ dzro aɖe ko ya, elabena le amesiwo ɖua nuɖuɖu siwo woɖa dome la, ame aɖeke meɖoa tsitsi gbɔ o. Le esime le nɔnɔme siwo me dekɔnuwo le ŋutɔŋutɔ me la! ne menye afɔkuwo kple afɔkuwo o la, ameƒomea katã aku le tsitsime.

Le gbemelã siwo le dzɔdzɔmenutowo me dome la, womenya kansa ƒe dzɔdzɔ o. Gake esi wotsɔ boso siwo woɖe aboyoe de nuɖuɖu siwo gblẽ ɣeyiɣi didi aɖe megbe la, woate ŋu akpɔ dɔdzẽ ɖeka alo eve siwo ɖi kansa. Cowdry ɖe gbeƒãe be: “Nu gbagbewo ƒe ƒuƒoƒo gã ɖeka kolia si ŋu kpeɖodzi aɖeke mele kura be kansa dzɔna ɣeaɖewoɣi o la nɔa atsiaƒua ƒe goglοƒewo (axa 10).

196). Esia le alea elabena ameƒomea ƒe asi siwo gblẽa nu la mewɔe nenema o

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ɖo wo gbɔ. Woƒe dɔlélenutsiŋutete gaɖe dzesi wu ne míebu nyateƒe si wònye be woƒe xexeame lolo wu mía tɔ sã, le nuto kple amewo ƒe agbɔsɔsɔ siaa gome.

Abe alesi míegblɔe ene la, le woƒe numekukua wɔɣi la, dzɔdzɔmeŋutinunyalawo doa go nu vevi siwo gbɔ kansa tsona, woléa ŋku ɖe wo ŋu heɖoa kpe wo dzi, eye ke hã wotoa wo gbɔ kple ɖekematsɔleme kura, abe ɖe woƒe didia nye nu bubu ene. "Nukpɔsusu si nye be nuɖuɖu ƒe akpa aɖewo ɖuɖu le agbɔsɔsɔ si gbɔ eme, alo to woƒe anyimanɔmanɔ me ate ŋu ahe kansa vɛ na amegbetɔ la le dzidzim ɖe edzi tso teƒe bubu."

Tɔtrɔ siwo wowɔ le dodokpɔwo me le lãwo ƒe nuɖuɖu me ate ŋu ana be... vovototo si le kansa ƒe anyinɔnɔ alo manɔmanɔ si kplɔe ɖo me" (axa 220).

Wokpɔa nusiwo dzɔdzɔmenuɖuɖuwo gblẽna le wo ŋu gɔ̃ hã tẽ. Cowdry gblɔe kɔte le nya sia ŋu: "Mlɔeba la, nyateƒea va le dodom be lã aɖewo ƒe dɔdzẽ ƒe dzɔdzɔ mebɔ o ne wona dzɔdzɔmenuɖuɖu wo wu ne wona nuɖuɖu siwo ŋu wokɔ ŋutɔ. Silverstone, Solomon kple Tannenbaum (1952) de dzesii be aklãdɔlékui vɔ̃ɖi ʊɛ aɖewo koe do mo ɖa le DBA mice ŋutsu siwo ɖu Purina Laboratory Chow si nye dzɔdzɔmenuɖuɖu koŋ dzi wu bubu siwo le nuɖuɖu si me nusiwo ŋu wokɔ afã kple afã le, vevietɔ, casein, cornstarch, cottonseed oil si me hydrogen le ƒe akpa aɖe, vitamin siwo wowɔ kple a dze tsakatsaka.Gawu la, nuɖuɖu siwo ŋu wokɔ afã kple afã si wona C3H ŋutsu mice la do ŋusẽ aklãdɔlékui siwo me dɔlékui aɖeke mele o ƒe dzɔdzɔ.Vovototo si le dɔdzẽ ƒe tsitsi me do ƒome kple vovototo siwo dze le calorie ɖuɖu, ŋutilã ƒe kpekpeme, alo protein, ami, vitamin kple minerals in the diet. Agbalẽa ŋlɔlawo kpɔ nyuie be yewoaɖee afia be mele be ame nasusui be dɔdzẽ ƒomevi bubuwo wɔa nu le mɔ bubu nu o" (axa 403-404).

"Engel kple Copeland (1952) kpɔe be AES kple Sprague Dawley sisiblisi siwo woɖe no na siwo wona dzɔdzɔmenuɖuɖuwo (stock diets) la, no me dɔdzẽ siwo tso kansadɔlékui, 2- acetylaminoflurene, hena vɛ la mesɔ gbɔ o wu esiwo wona nuɖuɖu siwo ŋu wokɔ afã kple afã. Vovototoa lolo ŋutɔ" (axa 404).

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Ðikekemanɔmee la, nuxlẽla la de dzesi nuɖuɖu si ƒomevi wonaa sisiblisi siwo wodo kpɔ: nusiwo ŋu wokɔ ŋutɔ abe casein, starch, kotokumemi, vitamin kple dze siwo wowɔ. Wotsɔ ŋkɔ gbegblẽ na nu siawo ƒe tsakatsaka be "nuɖuɖu si sɔ" tso numekukuŋutinunyalawo gbɔ. Woƒoa sisiblisi siwo ŋu kansa mele o 100 le alafa me nu ƒu tso agblewo me eye wodea wo gaxɔ me le atɔ me, wowɔa nu ɖe nuwɔwɔ daheawo ŋu abe ɖevi "siwo me kɔ" ene, wodzia wo kple wo nɔewo, naa nuɖuɖu wo kple "nuɖuɖu si sɔ" eye le dzidzime ʊɛ aɖewo megbe la, wotrɔa wo wozua nusi woyɔa be "mice ƒomevi dzadzɛ siwo wodzi".

Le woƒe nya nu la, "mice ƒomevi siwo wodzi" mawo le dɔléle ƒe nɔnɔme tɔxɛ aɖe me, si me ƒomevi aɖewo ƒe alafa memama 80 te ŋu xɔa dɔdzẽ "siwo dzɔna le wo ɖokui si" siwo "womenya nusi gbɔ wòtso o" la bɔbɔe. Nuɖula siwo katã woɖa la le dɔléle ƒe nɔnɔme si sɔ pɛpɛpɛ me.

Azɔ mina míakpɔe ɖa be dzɔdzɔmeŋutinunyalawo te ŋu ta nu aɖe si ŋu viɖe le hã nyataƒoƒo tso kpeɖodzi wɔdɔɖeamedzi siwo le etame me. Nublanuitɔe la, ŋuɖoɖoa le nya manyomanyoa me. Nyateƒee, Cowdry le veve sem vevie be yeagbe nyatakaka xɔasitɔwo kekeake, ne menye nenema o la, eƒe nuxlẽlawo dometɔ aɖeke nanye bometsitsi ale gbegbe be wòabu eŋu be yeaɖe asi le nuɖuɖu kple nunono vovovo manyaxlẽawo dometɔ ɖeka alo bubu ŋu, siwo ame geɖe buna be wosɔ na dekɔnuwo o. Esiae nye nya si wògblɔ: "Ehiã be woaɖɔ ŋu ɖo le nuxexlẽ yi amegbetɔ ƒe kansa ŋuti nyatakakawo wɔwɔ me le lãwo ŋu vevietɔ le nuɖuɖu gome. Amegbetɔ, negbe le dɔwuame ƒe agbɔsɔsɔ si gogo me ko la, enye nuɖula si ɖua nusianu si wòzu numame na be wòaɖu nuɖuɖu vovovo gbogbo aɖewo." woƒo ƒu tso xexeame ƒe akpa geɖe; evɔ lãwo ya trɔna ɖe nuɖuɖu siwo sɔ vie eye wole bɔbɔe siwo tso nutoa me ŋu" (axa 220). Na nuxlẽla la ŋutɔ nadrɔ̃ ʊɔnu le nukpɔsusu totro gã si nye agbalẽŋlɔla la ŋu.

"Ne wona domenyiŋusẽfianu si te gbe ɖe edzi le domenyiŋusẽfianu me be woate ŋu axɔ kansa bɔbɔe le sisiblisi ƒomevi siawo siwo sa ɖe aga, siwo wotsɔa nu léa dzi na ame eye wokpɔa wo ta, siwo wotsɔ ƒo ƒu kplikplikpli me la, ekema aleke wowɔa kansaawo le wo me ŋutɔŋutɔ?" bia Cowdry (axa 350), evɔ mete ŋu kpɔ ŋuɖoɖo na nyabiasea o.

"Ŋutilã tɔxɛ aɖewo ƒe domenyiŋusẽfianu ƒe dɔléle sesẽ ƒe dzesidede le sisiblisi ƒomevi aɖewo me te gbe ɖe míaƒe manyamanya le kansadɔlékui siwo lãmenugbagbeviwo te ŋu xɔa dɔlékuiwo ƒe nɔnɔme ŋu. Misi siawo kplɔa ame yia agbenɔnɔ si me bebeƒe ŋutɔ le le atɔwo me. Zi geɖe la, wodzraa wo ɖo ɖe yaƒoƒo me."

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xɔwo me eye woƒe nuɖuɖu nɔa anyi ɖaa wòɖe dzesi ŋutɔ. Womedoa go ŋutilã alo atike alo nugbagbe ƒe kansadɔlékui aɖeke si wonya o" (axa 349-350). Cowdry ɖoe koŋ tsia ŋku ɖe nyateƒe si wònye be ŋutilã me, atikewo kple nugbagbeviwo ƒe kansadɔlékui ŋutɔŋutɔwoe nye nɔnɔme siwo tututu eya ŋutɔ he vɛ na sisiblisi dahe mawo. Esiawo dometɔ aɖewoe nye woƒe dzɔdzɔmenutome kple nunyiame xɔxɔ le wo si, wo ɖeɖe ɖe aga ahatu wo ɖe atɔ siwo me ame aɖeke mele o me, bebeƒe na wo, alɔ̃dɔdɔ wo ahakpɔ wo ta, wo ƒoƒo ɖe wo nɔewo ŋu le mɔ si wowɔ kple asi nu, woana woagaɖe fu na wo le xɔ siwo me ya fafɛ le me o eye woana nuɖuɖu wo kple casein, cornstarch, cottonseed oil, . vitamin kple dze siwo wowɔ.

Le teƒe bubuwo la, Cowdry tsɔ dodokpɔ me nyatakakawo ƒe kplɔ̃ eve vɛ be yeatsɔ aɖe tɔtrɔ siwo wowɔ le kansa ƒe dzɔdzɔ me afia to tɔtrɔ le (a) nuɖuɖu me protein kple amino acid veviwo kpakple (b) nuɖuɖu me vitamin B me. Emegbe egblɔ nya siawo be: "Vitamin kple amino acid veviwo ateŋu atrɔ asi le kansa ƒe wɔwɔme ŋu... Be woaɖe nusiawo kple nu bubu siwo ŋu woke ɖo me la sesẽ. Mele be woasusui be nuɖuɖu me nu tɔxɛ si mehiã o alo wògbɔ eme la wɔa dɔ ɖe lãkusi si me wòle la dzi tẽ o." neoplastic ƒe tɔtrɔa dzɔna" (axa 401). Edze ƒã be esia nye gbegbe na nyatakaka siwo li. Esɔ kple gbɔgblɔ be mele be woabui be kadodo aɖeke nanɔ dɔwɔƒe aɖe ƒe dɔwɔwɔ si naa dzidzeme ame alo esi medzea ame ŋu o kple nu xoxo siwo wotsɔ nɛ ƒe ɖekawɔwɔ alo masɔmasɔ dome o.

Cowdry ŋlɔ bena: “Anye nusi do ŋgɔ kura be woato kansa nutsitsi ƒe nuɖuɖu aɖewo vɛ na amegbetɔ ɖe nusiwo ŋu woke ɖo siawo dzi, abe alesi Greenstein (ƒe 1947) xlɔ̃ nu wòsɔ ene,” eye emegbe wògblɔ kpee be: “Nu ɖekae nye be amegbetɔ ƒe agbenɔƒe didi wu amesiawo tɔ sã.” dodokpɔ lã siwo léa nuɖuɖu si wosusu be ele alea me ɖe asi la mate ŋu adzɔ le ƒe gbogboawo me o, si ade ƒe alafa ɖeka ƒe akpa enelia kloe le go aɖewo me, le ɣeyiɣi siwo me wotsia anyi le kansa dzɔdzɔ me" (axa 401).
Ke hã, "Nuɖuɖu nyuie si yi edzi ɣeyiɣi didi le lãwo me ɖea dɔdzẽ ƒomevi geɖe siwo dzɔna le wo ɖokui si ƒe dzɔdzɔ dzi kpɔtɔna godoo" (axa 429).

"Nyatakaka siwo li ku ɖe dɔdzẽ ƒe dzɔdzɔ ŋu koŋ ke menye ɖe." woƒe dzidziɖedzi ƒe agbɔsɔsɔme le woƒe gɔmedzedze megbe. Nudzɔdzɔ ʊɛ siwo le...

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si tsitsi si nuɖuɖu ƒe nuwɔna trɔna la menye kpeɖodzi si mesɔ gbɔ si dzi woatu atikewɔwɔ ƒe afɔɖeɖe aɖeke ɖo le míaƒe sidzedze ƒe nɔnɔme si li fifia nu o" (axa 402). Edze na mí be Cowdry metsɔ ɖeke le dɔdzẽ ƒe dzɔdzɔ dzi ɖeɖe kpɔtɔ me o; etsɔ ɖe le eme le kuxi si nye atikewɔmɔnu siwo woatsɔ ada kansa didi me ko eye menye to míaƒe nunyiame ƒe nɔnɔmewo ɖɔɖɔɖo me o, ke boŋ to atikekui aɖe si wosusuna alo bubu aɖe ƒe dɔwɔƒe dzi.

Edzɔa dzi na mí be míanya ɣeyiɣi si me dzɔdzɔmeŋutinunyalawo ava kpɔ nusiwo tututu gbɔ kansa tsona mlɔeba kple afisi woawɔe le. Vaseɖe fifia la, woke ɖe "kansadɔlékui" siwo ade 400 ŋu, si ŋu Cowdry gblɔ le be: "Le kansa siwo ɖɔktawo dzea ŋgɔe la dometɔ siwo ade alafa memama ɖeka me la, woate ŋu ade dzesi kansadɔlékui ŋutɔŋutɔwo, alo kansadɔlékuiwo ƒe ƒuƒoƒo" (axa 390). Le esia ta míekpɔ alesi "nuɖuɖu si sɔ' (si mele dzɔdzɔme nu o) do dɔdzẽ ɖe ŋgɔ le sisiblisi 80 le 100 siwo me kansa mele o me le go ɖeka me eye 150 le 198 me le go bubu me. Mɔxexe ɖe nuɖuɖu ma ƒe akpa aɖe nu ɖe dɔdzẽ 150 mawo dzi kpɔtɔ va ɖo 38; eƒe nuɖuɖumamã xe mɔ ɖe kansa ƒe dzɔdzɔ zi geɖe le dukɔ blibowo dome nu ŋutɔ eye dzɔdzɔmenunyiame ɖɔliɖɔli te ŋu xea mɔ na kansa ƒe dzɔdzɔ kura.Ame aɖe ate ŋu akpɔ mɔ be fifia Cowdry abu dzɔdzɔmenunyiame be enye kuxi si le avuwɔwɔ kple kansa me ƒe ŋuɖoɖo eye wòadzudzɔ gbegblẽ eƒe ɣeyiɣi le numekuku dzodzrowo wɔwɔ le kansadɔlékui bubuwo katã ŋu me.Ke boŋ mele klalo gɔ̃ hã be yeatsɔ nu ɖeka kolia si hea kansa vɛ, si nye nunyiame si mesɔ o, ade yeƒe kansadɔlékui bubuwo dome o. Eyɔe be enye nusi "trɔa asi le eŋu" ko eye wòtsɔa nyaʋiʋli siwo ŋu kpeɖodzi mele o bua eŋu nu tsɛe. Esi lãmenugbagbevi vɔ̃ɖiwo ƒe nuwɔna gakpɔtɔ tɔtɔae ta la, eŋlɔ (axa 43):

"Mehiã be míagblɔe o kloe be Aristotle, alo Darwin, ne e... nɔ mía gbɔ egbea, ate ŋu aƒo nyateƒenyawo katã nu ƒu abe alesi míenya wo tso kansa lãmenugbagbeviwo ŋu ene eye míana woƒe nuwɔna vɔ̃ɖiwo ŋuti numeɖeɖe. Ðewohĩ le ƒe siwo gbɔna me la, woawɔ esia eye míabia mía ɖokui be nukatae míenɔ ŋkuagbãm ɣeyiɣi didi nenema gbegbe ɖo. Le ɣeyiɣi sia me la, míewɔa ŋgɔyiyi si míetɔa te le nusɔsrɔ̃ me vie le afisia kple afima." Gake mele kuku ɖem be maɖee afia be Aristotle mehiã le afisia o, alo Darwin hã mehiã o. Esɔ gbɔ be Cowdry nado le eƒe nudokpɔƒea ƒe seɖoƒewo me eye, ŋlɔ eƒe anyinɔnɔ be ɣeyiɣi kpui aɖe, be wòahe eƒe ŋkuwo ayi ɖe

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ɣletiviwo, ɣe, ɣleti, atiwo kple seƒoƒowo, be woanyrɔ wo ɖokui ɖe woƒe nya ɣaɣlawo me le susu me eye woakpɔ alesi gbegbe xexeame katã ƒoa xlãe edziedzi pɛpɛpɛ. Ðe dzɔdzɔmeŋutinunyala aɖe ate ŋu atsrɔ̃ xexe ma eye wòatu eya ŋutɔ ƒe xexe ɖe eteƒea? Dzɔdzɔmeŋutinunyalawo tsrɔ̃a xexe gbagbe ma, xexe ma si le ʊuʊum la eye wotsɔa xexe si woawo ŋutɔ tu, kple woƒe abolo, woƒe amino acidwo, woƒe vitamin siwo wowɔ kple woƒe dze siwo wowɔ la ɖoa ameƒomea ŋkume. Edzɔa dzi na mí be míanya nenye be le fli siawo xexlẽ vɔ megbe la, dzɔdzɔmeŋutinunyalawo agatsɔ woawo ŋutɔ ƒe sidzedze aɖo Anyigba ƒe dzɔdzɔme nunya ta kokoko.

Le go bubu me la, Cowdry yɔ nudzɔdzɔ gbogbo aɖewo siwo me dɔdzẽ vɔ̃ɖiwo bu le wo ɖokui si eye wòƒo nya ta siwo gbɔna mlɔeba (axa 545):

"1. Kansa gbãtɔ sue ŋutɔ aɖewo dzena le gãwo me ɣeaɖewoɣi." xexlẽme siwo le no, prostate kple vidzidɔ me. Esiawo dometɔ geɖe metsina o, wonɔa ɣaɣla ƒe geɖe alo wogbugbɔna yia megbe keŋkeŋ le wo ɖokui si.

"2. Womekpɔa tɔtrɔ siwo vaa kansa siwo tsi nyuie ƒe lolome me zi geɖe o. Esiawo ate ŋu atso nu geɖe siwo kpɔa ŋusẽ ɖe lãmenugbagbevi vɔ̃ɖiawo ƒe lolome kple stroma ƒe lolome dzi ƒe dɔwɔwɔ gbɔ."

"3. Tɔtrɔ siwo womeɖe o le dɔdzẽ vɔ̃ɖi ƒomevi me dzɔna ɣeaɖewoɣi le susu aɖeke si me kɔ o ta."

"4. Kpɔɖeŋu geɖewo le nuŋlɔɖi me ku ɖe alesi wòbu ŋu." neuroblastomas le ɖeviwo me. Le wo dometɔ aɖewo me la, esia do ƒome kple lãmenugbagbevi vɔ̃ɖiawo ƒe vovototodedeameme vivivi le susu siwo womenya o ta.

"5. Nya ʊee aɖewo siwo ŋu woɖo kpee be kansawo trɔna yia megbe keŋkeŋ la le." woƒo nu tso eŋu si womate ŋu agblɔ be atikewɔwɔ si wowɔ gbɔe wòtso o. Edze ƒã be le nɔnɔme siwo mebɔ kura o me la, ŋutilã ƒe dɔwɔwɔ ƒe mɔnuwoe kpɔa ŋusẽ ɖe lãmenugbagbevi vɔ̃ɖi ƒomevi aɖewo dzi."

Nukae ate ŋu anye nusi gbɔ dɔdzẽwo ƒe megbededede le wo ɖokui si tso, ne menye tɔtrɔ aɖe si dzɔ le vome eye womate ŋu ade dzesii o le dɔnɔa ƒe nunyiame ƒe nɔnɔmewo me o? Mɔnu ɖeka koe ate ŋu anɔ anyi na dzidzedzekpɔlawo

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kansa dada. Ele be woaxɔ nuɖuɖu siwo gblẽ le dɔdzẽa ŋu gbã, eye emegbe ele be dɔ nawui ŋutɔŋutɔ ahawui to dzɔdzɔmenunyiame gɔ̃ hã ɖuɖu dzi ɖeɖe kpɔtɔ me. Ne ehiã la, woate ŋu ana lãmenugbagbevi siwo sɔ hã nanɔ dɔwuame ƒe akpa aɖe ƒe nɔnɔme me hena ɣeyiɣi aɖe. Ne dɔdzẽa bu vɔ la, woate ŋu agaɖo ŋusẽ si nɔ wo si tsã la me bɔbɔe.

Dɔwɔwɔ Kple Gazazã Siwo Wozãna Đe Nuɖuɖu Siwo Woɖa Ŋu Nye Naneke meli o negbe Gbeɖuɖɔ Gãwo ko

Abe alesi míekpɔe xoxo ene la, nuɖuɖu ƒuƒu ɖeɖeko dzie ŋutsu ŋutɔŋutɔ nɔa agbe ɖo. Nuɖuɖu kple nunono siwo katã woɖa siwo woɖuna le xexeame la bu taɖodzinu manɔmee. Ga si wozãna ɖe wo ŋu la gblẽna dzodzro. Ne mekpɔ nya sia gbã la, woate ŋu akpɔe be womate ŋu axɔe ase o, gake nyateƒe bɔbɔe lae, si ƒe kpeɖodzi mekpɔ to nye ŋutɔ nye nuteƒekpɔkpɔ me.

Le gɔmedzedzea me la, míesusu be ele be míadzi... nunyiame ƒuƒu ɖuɖu le agbɔsɔsɔ ma ke me abe alesi míeɖe nuɖuɖu siwo woɖa ɖuɖu dzi kpɔtɔ ene, gake eteƒe medidi o míekpɔe be míeda vo. Togbɔ be le ɣeyiɣi gbãtɔ me la, dzɔdzɔmenuɖuɖuwo hiã vevie ŋutɔ be woatsɔ agbugbɔ nusiwo bu atraɖii si ŋutilãa bu la aɖo anyi eye woagbugbɔ ŋutinuawo atu to lãmenugbagbevi siwo le dɔ wɔm ƒe kpeɖeŋutɔ yeyewo dodo ɖe ŋgɔ me hã la, emegbe la, didi ma dzi ɖe kpɔtɔ vivivi.

Nuɖuɖu sue si mía vinyɔnu Anahit ɖu hã wɔ nuku na mí. Dadaa, kple vɔvɔ̃ si nɔ esi do ŋgɔ na nunyuimakpɔɖui la, zinɛ ɖe edzi tsã be wòaɖu nu geɖe, gake ɖevia gbee atraɖii. Vivivi la, eva dze ƒã nam be atikutsetse kple nuku siwo le nɔnɔme ƒuƒu me nye nunyiame siwo me nunyiame le ŋutɔ siwo ƒe nyonyome de ŋgɔ wu eye le esia ta wo dometɔ sue aɖe ŋutɔ kpɔa míaƒe nugbagbevi ƒe nuhiahiãwo gbɔ bliboe. Esia tae mele be woazi ɖevi si ɖua nu ƒuƒu dzi gbeɖe be wòaɖu nu wu alesi wòdi o. Menye glitotoe wònye ne míese be ame aɖe nɔa agbe ɣleti geɖe le gbeɖoɖoɖi alo walnut ɖum gbesiagbe o.

Nuɖula siwo woɖa ate ŋu ado dzidzɔ na wo ɖokui le nuɖuɖu siwo woɖa le agba me, elabena nunyiame aɖeke mele wo me le gɔmesese bliboa nu o.

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Lã siwo ɖua gbewo hã ɖua gbe gbogbo aɖewo, elabena le akpa gãtɔ me la, gbe ma nye gbe ƒuƒu; nunyiame ŋutɔŋutɔ siwo le eme la kaka ɖe teƒeteƒewo eye womesɔ gbɔ kura o.

Lã mawo tsɔa gbe ƒuƒu gbogbo aɖewo ƒua gbe ɖe woƒe dɔgbo me zi geɖe gbesiagbe, evɔ lã ƒuƒu ɖula si sɔ ya senɛ le eɖokui me be ehiã be yeaʊuuu zi ɖeka ko gbesiagbe. Aɖuɖɔtoe si gbɔ eme, atikutsetse siwo womeɖu o ƒe anyinɔnɔ le aɖuɖɔ me kple didi be woayi aɖuɖɔ me wu zi ɖeka gbesiagbe nye dzesi siwo fia be woɖua nu fũu akpa, si wòle be amesi ɖua nu ƒuƒu siwo ƒe dzi fa naƒo asa na godoo. Atikutsetse agbɔsɔsɔme si meɖuna zi geɖe la mede esi nuɖala ɖesiaɖe si lɔa atikutsetsewo ɖuna o. Metsɔa bli salad si yɔa agba ɖeka gbesiagbe kpena ɖe esia ŋu, si wɔa dɔ tsɔ xea mɔ na nunyiame ƒe vovototo si le amesiwo katã ɖua nu siwo woɖa me, le dzɔdzɔmenuɖuɖu siwo mesɔ gbɔ o ta. Le ʊuɖofe bɔbɔe sia me la, teƒe aɖeke meli na nuɖuɖu siwo katã gblẽ siwo meɖuna tsã la o.

Nukae anye nɔnɔmetata la ne kasia xexeame katã va ɖo eƒe susu me eye wòxɔ dzɔdzɔmese siwo ku ɖe nunyiame ŋu? Ne atikutsetsewo wɔwɔ gakpɔtɔ le alesi wòle fifia nu hã la, ne woɖe mɔ na ame ɖesiaɖe be wòaɖu amagbe alo bli salad agba ɖeka gbesiagbe eye wòto esia me kpɔ xexeame katã ƒe nunyiame ƒe nuhiahiãwo gbɔ bliboe vɔ la, lãwo ƒe nuɖuɖu siwo katã sɔ gbɔ wu si womedi o anɔ anyi, . sukli, tii, kɔfi, kokoo, aha sesẽ kple esiwo me aha mele o, atama, margarine, kpakple nuku kple nuku siwo wozãna egbea ƒe akpa gãtɔ.

Le nyateƒe me la, mina míakpɔ nusi dzɔna ɖe nuɖuɖu gbegblẽ siawo katã dzi ɖa azɔ si woɖuna le xexeame fifia. Le nyateƒe me la, wotsɔa nu ƒua gbe le mɔ etɔ̃ nu.

1.Le lãmenugbagbevi tɔxɛwo ƒe kpeɖeŋutɔ ƒe gbɔdzɔgbɔdzɔ ta la,... ele na amegbetɔ ŋutɔŋutɔ be wòaɖe mɔ ɖe lãmenugbagbevi siwo me dɔlékuiwo le ƒe xexlẽme aɖe si wowɔ tso nuɖuɖu siwo woɖa me ƒe anyinɔnɔ dzi, bene wòalé eƒe ŋutinuwo kple ɖoɖowo ƒe akpa suetɔ kekeake me ɖe asi.

2.Nuɖuɖu siwo gblẽ ƒe agbɔsɔsɔ gã aɖe ŋutɔe alakpatɔ la ɖuna.

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3.Eɖanye ŋutilã ɖeka koe le amea me alo ŋutilã eve ƒe ƒuƒoƒoe wònye (abe alesi eƒe ƒuƒuiƒe alo eƒe sesẽme ɖee fia ene o), nuɖuɖua ƒe akpa si mehiã o, si wotsɔ dea nugbagbevi la me to numame me eye si gbɔ lãmenugbagbeviwo ƒe ŋusẽ si wotsɔna ƒoa ƒui ŋu la, ɖeko wòfiãna eye wòdoa le ŋutilãa me to mɔ vovovowo dzi. Nuɖuɖu agbɔsɔsɔme si wogblẽ alea nye nuɖuɖu siwo katã woɖuna ƒe akpa gã aɖe.

Nyabiasea ƒe akpa si wɔ nublanui wue nye nyateƒe si wònye be lãmenugbagbevi tɔxɛawo zãa ŋusẽ si wokpɔna tso dzɔdzɔmenunyiamewo me ƒe akpa gãtɔ tsɔ gbãa alakpatɔ la ƒe nuɖuɖuwo, be woaxɔ wo ɖe ʊukawo me, be woakpɔ egbɔ be wowɔa dɔ nyuie ƒe ŋutinuwo me eye be woanya nuɖuɖu siwo woɖa ƒe nugbegblẽ le ŋutilãa me. Le kpɔɖeŋu me, esi lãmenugbagbevi siwo le dɔ wɔm la wɔ dɔ madzudzɔmadzudzɔe ŋkeke bliboa ta la, wokpɔ mɔ agbɔ ɖe eme vie; ke boŋ ele na wo be woatsɔ nuɖuɖumeŋusẽ si alakpatɔa tsɔ de ŋutilãa me ŋukeklẽtɔe la ɖa le nugbagbevi la me vaseɖe ŋdɔkutsu dzatsɛ.

Tsã la, wotsɔm de nutsuɖuɖu kple lãɖuɖu ƒe numame me ale gbegbe. Esia wɔe be alɔ̃madɔmadɔ ɖe fu nam le nye agbemeŋkekewo katã me. Nyemeɖo ŋku edzi be medɔ alɔ̃ do ŋgɔ na zãtitina kpɔ alo menyɔ kaba kpɔ ɣeaɖeɣi kpɔ ɣedzeƒe o. Tsã la, menɔa ŋu vaseɖe ŋdi ga etɔ̃ alo ene eye mefɔna le ga enyi alo enyi me kple ta kpekpe. Dzɔgbenyuietɔe la, esi mexɔ nuɖuɖu ƒuƒu vɔ la, nye alɔ̃madɔmadɔ nu yi keŋkeŋ, gake ne medze agbagba gbeɖeka be maɖu fiẽnuɖuɖu gã aɖe le fiẽ me la, ele nam be manɔ ŋudzɔ vaseɖe ŋufɔke. Tso esime Anahit xɔ ƒe 2 la, mefɔna le zã me kpɔ o.

Vitamin kple dze siwo le nuɖuɖu siwo woɖa me la nye alakpa, woku, womeda sɔ o eye wogblẽa nu le ame ŋu. Nuɖuɖu siwo woɖa menye naneke wu xɔtunu gbagbãwo kple mɔ̃memi si mesɔ o; Lãmenugbagbevi siwo ŋu viɖe aɖeke mele o siwo wowɔ tso xɔtunu mawo me nye agba si womedi o na lãmenugbagbevi siwo sɔ. Dzoxɔxɔ si wokpɔna tso mɔ̃memi ma me gbɔ eme eye wògblẽa nu le ame ŋu, evɔ ŋusẽ si dona tso eme (ŋusẽ si ʊãa ame) ya mehiã o eye viɖe aɖeke mele eŋu o. Ŋusẽ sia nana dɔwɔƒea ƒe mɔ̃wo ʊãna taɖodzinu manɔmee le dɔwɔɣiwo godo; ezia dzia dzi be wòawɔ dɔ le eƒe se

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ɖea fu na susɔe siwo dɔwɔƒe bliboa ƒe mɔ̃ veviwo hiã vevie, si ɖea ɖeɖi le wo ŋu boŋ eye wògblẽa wo dzodzro. Alɔ̃madɔmadɔ nye eƒe nugbegblẽ le ame ŋu ƒe kpɔɖeŋu ɖeka.

Nukae dzɔna ne ɖɔkta siwo meɖo aɖaŋu nyuie o to mɔnu siwo dzi woato aɖe lolo akpa dzi akpɔtɔ? Wowɔ ɖoɖo ɖe mɔxexe ɖe nuɖuɖu gbesiagbe nu godoo, si wɔe be woƒe nuɖuɖu siwo ŋu wode se ɖo ƒe xexlẽdzesiwo dometɔ aɖewoe nye nuɖuɖu me nya vevi siwo me nunyiame geɖe le abe walnut, almond, waintsetse ƒuƒu, date, gbotsetse, akɔdu ene. Ne míagblɔe bubui la, woɖea amesi wole atike wɔm na ƒe kpekpeme dzi kpɔtɔna le esi wònaa eƒe lãme gbɔdzɔna eye wògbɔdzɔna wu, eye wòtoa esia me gblẽa eƒe lãmesẽ me vevie. Le nɔnɔme mawo me la, to nuɖuɖu siwo gblẽ dzi ɖeɖe kpɔtɔ me la, mɔ̃memi si mehiã o ƒe ɖe koe alakpatɔa buna, evɔ to mɔxexe ɖe dzɔdzɔmenuɖuɖuwo nu me la, nunyiame vevi aɖewo meganɔa lãmenugbagbevi siwo sɔ la si o. Eyata ekplɔe ɖo be alakpatɔa nɔa te sesĩe ɖe eteƒe, evɔ ame ŋutɔŋutɔ ya ƒe lãme gbɔdzɔna ɖe edzi.

Míedoa go kple kpɔɖeŋu si doa dzidzɔ na ame ŋutɔ si ɖe ŋusẽ si mɔxexeɖedɔa nu kpɔna ɖe ame dzi ŋu nuɖuɖu le kansa ŋuti nusɔsrɔ̃ me. Le biabia sia me dzodzro me la, Cowdry gblɔ be: "Edze ƒã be no me dɔdzẽ ƒe dzɔdzɔ dzi ɖeɖe kpɔtɔ, si nuɖuɖu ƒe mɔxexeɖenu hena vɛ, do ƒome kple azigolo ƒe dɔwɔwɔ dzi ɖeɖe kpɔtɔ le sisiblisiwo me" (op. cit. p. 398). Nukae míegadi? Eyata wova ke ɖe nusi gbɔ no me dɔdzẽ tsona ŋu. Fifia egakpɔtɔ le ɖɔktawo si be woatɔ te azigolo ƒe dɔwɔwɔ keŋkeŋ le nyɔnuwo me be woatsɔ aɖe wo tso no me dɔdzẽ me keŋkeŋ.

Gake kakaɖedzitɔe la, nusi dzɔna ŋutɔŋutɔ ŋuti numeɖeɖe bɔbɔe aɖe ŋutɔ li. Seɖoƒe si womebu o si le nuɖuɖumeŋusẽ si woɖuna ŋu la kpɔa ŋusẽ eve siwo tsi tre ɖe wo nɔewo ŋu ɖe nugbagbevi la dzi. Le go ɖeka me la, nuɖuɖu siwo gblẽ ƒe seɖoƒe ɖuɖu xea mɔ na kansa ƒe dzɔdzɔ, evɔ le go bubu me la, dzɔdzɔmenuɖuɖuwo ɖuɖu dzi ɖeɖe kpɔtɔ doa kplamatse azigolowo ƒe dɔwɔwɔ nyuie.

Atikeŋutinunya yɔ fũ kple nya siwo tsi tre ɖe wo nɔewo ŋu nublanuitɔe alea. Ne a dɔléle aɖewo hea nuɖuɖu siwo mele dzɔdzɔme nu o ƒe ƒutsotsoe siwo gblẽa nu le ame ŋu la vaa eɖokui gbɔ, dɔnɔa ƒe nugbagbevi la xɔa dɔlélenutsiŋutete ƒe akpa aɖe tso dɔléle bubu aɖe me. Le kpɔɖeŋu me, amesiwo ŋu suklidɔ le, .

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ʊukawo ƒe ʊuʊu kple dɔléle aɖewo siwo xɔa ame me mexɔa kansa boo o. Wowɔ dodokpɔ siwo me tagbɔsesẽ le gɔ̃ hã be woatsɔ amewo ade dɔlékui vovovowo ƒe ŋusẽkpɔɖeamedzi te le esi wogblɔ be woxe mɔ ɖe kansa nu ta.
Nu ma ke dzɔna le agbɔsɔsɔ sue aɖe me le atikewɔɣiwo, esime to dɔléle aɖe si fa wu hehe vɛ me la, wokpɔa ɖeviwo ta tso amedzidzedze sesẽwo me emegbe. Zi alesi ŋutsuwo tso nya me be yewoatsɔ dzɔdzɔmesewo akpɔ yewo viwo ƒe lãmesẽ ta la, afɔɖeɖe mawo siwo mele dzɔdzɔme nu o magahiã o, ɖevi maɖifɔwo avo tso atikewɔmɔnu siwo me afɔku le me eye atikewɔmɔnu ato ŋutinya me.

Dodokpɔwo ɖee fia be ne wonya yɔ alakpatɔ la yi eme ko la anyinɔnɔ, nuɖuɖu ƒe mɔxexeɖenu ƒe akpa aɖe mete ŋu léa ŋku ɖe eƒe tsitsi ŋu o. Nuɖuɖuwo ƒe gbegblẽ alafa memama 10-15 gɔ̃ hã sɔ gbɔ be wòanɔ agbe. Ele be ame si si nunya le nakpɔ nyuie le nunyiame ƒe nuku ɖeka pɛ hã nana lã wɔadã ma ŋu. Meɖe gouty concretions katã ɖa keŋkeŋ le nye afɔwo ƒe ƒunukpeƒewo, gake ne mɔnukpɔkpɔ aɖe su asinye be maɖu lã ɣeaɖeɣi la, le gaƒoƒo ʊɛ aɖewo megbe la, hammer ƒoƒo na menya be uric acid ge ɖe nye afɔbidɛ gãwo ƒe ƒunukpeƒewo. Zi geɖe la, mewɔa dodokpɔ siawo le nye nusɔsrɔ̃ tso nuɖuɖu ƒuƒu ŋu ƒe ƒe gbãtɔwo me.
Edze ƒã be teƒe siwo woɖe uric acid le la gakpɔtɔ le ƒuƒlu eye mɔ siwo dzi woato ayi wo gbɔ la le ʊuʊu ɖi. Ne wonya tsɔ lã kakɛ aɖe de ŋutilãa me ko la, etrɔna zua uric acid, si emegbe wòwɔa kaba xɔa teƒe si woɖo nɛ.

Alakpatɔ la ƒe lãmenugbagbeviwo hã megbugbɔna ɖe megbe bɔbɔe o. Wodaa alakpa le amedzidzedze me, ame kuku afã kple afã, gake wole mɔ kpɔm na. Ne nuɖuɖu si gblẽ ƒe kakɛ aɖe nya ɖo wo gbɔ ko la, wodzea egɔme gagbɔna henɔa dzidzim ɖe edzi. Ele be woatsɔ ŋutilã ƒe kpekpeme dzi ɖuɖu ade asi na dzɔdzɔmenuɖuɖuwo keŋkeŋ. Ne míagblɔe tututu la, amesi gblɔ be lãmenugbagbevi siwo le lãmesẽ me fũ akpa menyo na wò o la le aɖaŋu ɖom na wò be nànyi lãmenugbagbevi siwo le dɔ lém kple esiwo me dɔlékuiwo le kilogram gbogbo aɖewo ahatsɔ wo nanyi wo ale be wò ŋutilã nalolo. Le ɣeyiɣi ɖeka me kple alakpatɔ la wuwu la, dzɔdzɔmenunyiame ana ame ŋutɔŋutɔ ƒe kpekpeme nadzi ɖe edzi vivivi va ɖo dzidzenu si sɔ si dzɔdzɔme bia la gbɔ.

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Esi ŋutsu si tsɔ lãmenugbagbevi siwo ƒe kpekpeme nye kilogram 40-50 de eƒe ŋutilã tsã eye mete ŋu lia afɔ ɖeka aɖeke kpe ɖe eŋu o la, ate ŋu aƒu du ayi towo dzi azɔ evɔ matrɔ taɖa aɖeke o. Mele be ame sia tɔgbi natsi dzi ɖe eƒe lolo dzi ɖeɖe kpɔtɔ kabakaba ŋu gbeɖe o; ke boŋ ele be wòakpɔ dzidzɔ ɖe eŋu. Mele be ame si si nunya le naɖe mɔ ɖe lã si ŋu viɖe aɖeke mele o ƒe kuku ɖeka pɛ hã ŋu le eƒe ŋutilã ŋu o. Kpuie ko la, ele be amesiame nakpɔe adze sii mlɔeba be to nuɖuɖu si woɖa ƒe kakɛ ɖesiaɖe tsɔtsɔ de yeƒe ŋutilã me me la, enaa nunyiame alakpatɔ, eƒe futɔ si metrɔna o, eƒe amewula vevemaseɖeamenutɔ; eléa dɔléle siwo katã wonya kple esiwo womenya o la ɖe te; eʋua mɔ na eya ŋutɔ ƒe ku.

Le nuɖala si ɖua nu ƒe nukpɔsusu nu la, ele be ame naɖu nu nyuie hafi wòanɔ lãmesẽ me. Le eƒe nukpɔsusu nu la, ƒodo ƒuƒlu fia ŋutilã si dɔ le wuwum. Menya be ŋutsu si ƒe dɔgbo yɔ la nye dɔnɔ ŋutɔŋutɔ o. Esesẽna na eƒe dɔgbo be wòanya nuɖuɖu siwo mele dzɔdzɔme nu o la le ɣeyiɣi nyuitɔ dzi. Gake nu ɖula ƒe dɔgbo ya nɔa ƒuƒlu ɣesiaɣi alo aleke kee wòɖale o, enɔa bɔbɔe ale gbegbe be mesena le eɖokui me be naneke le afima o. Esenɛ le eɖokui me be yeƒe dɔgbowo yɔ fũ, elabena afimae nuɖuɖu si wòɖu la yia teƒe bubu le enumake. Nuɖuɖu si gbɔ eme gɔ̃ hã menɔa eƒe dɔme eteƒe didi o; etoa dɔgboa me kabakaba eye ne woɖu alo womeɖu o la, edona le ŋutilãa me evɔ megblẽa nu boo aɖeke le nugbagbevi la ŋu o.

Eyata womewɔa ya aɖeke le ame si womeɖa o ƒe dɔgbo me gbeɖe o. nuɖula. Ne woɖu nuɖuɖu wògbɔ eme la, ya ate ŋu ado le dɔgboa me, gake wodina be yewoado le ŋutilãa me to mɔ si sɔ dzi. Nuɖula si ɖua nu ƒuƒu la kpɔa vovototo si le nunyiame ƒe ɖoɖo eveawo dome nyuie wu ne edze agbagba be yeaɖu fiẽnu nyui aɖe le ɣleti ʊɛ aɖewo ƒe nunono megbe. ɣemaɣie wòbiaa eɖokui be aleke yeate ŋu ahe agbenɔnɔ si me dɔléle kple nublanuikpɔkpɔ le alea gbegbe eye wòabu agbenɔnɔ nyɔŋu ma be enye nusi sɔ.

Nuɖula si Woɖa ƒe Atike nye Bliboe

Dzɔdzɔmeŋutinunya Vodada

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Abe alesi míekpɔe ene la, amegbetɔ ƒe dɔwɔƒea ƒe nu vevi siwo wotsɔ wɔa dɔe ƒe kaka me hea dɔlélewo vɛ. Eyata ne wogbugbɔ nu mawo ƒe blibonyenye gaɖo ko hafi woate ŋu akpɔ lãmesẽ. Gake nuka dzie wotu egbegbe atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya ƒe dɔwɔna bliboa ɖo? Nuka tututue ɖɔktawo wɔna? Wodzea agbagba dzodzro be yewoagbugbɔ nuteƒewɔwɔ ma aɖo anyi to nuɖuɖu siwo gblẽ, vitamin siwo wowɔ kple asi, dze, lãmetsiŋusẽ kple aɖi ƒe atike gbogbo aɖewo zazã me, eye le ɣeyiɣi ma ke me la, woɖea lãkusi kple ŋutinu blibo siwo gblẽ si womate ŋu aɖɔ ɖo o eye womegate ŋu wɔa dɔ o abe a nusi dona tso dzɔdzɔmenu xoxoawo ƒe gbagbã me.

Ameƒomea katã le numanyamanya dziŋɔ aɖe me. Le ƒe nukpɔsusu nu la nuɖula siwo woɖa la, nusiwo woɖa ɖuɖu nye nusi le dzɔdzɔme nu ŋutɔ, evɔ nunyiame to dzɔdzɔmesewo dzi nye dodokpɔ, eye dodokpɔ si me afɔku le le ema me. Le nyateƒe me la, ŋutsuwo gblẽ dadasɔ BLIBOE si dzɔdzɔme to vɛ la dome le manyamanya me, eye ƒe akpe geɖe enye sia si wole DODODO SIWO SUSU MEÐOÐOWO wɔm to nuɖuɖu siwo woɖa, nusiwo wowɔ kple asi kple aɖinuwo zazã me be woakpɔ dadasɔ yeye, woawo ŋutɔ ƒe dadasɔ. Nusiwo do tso dodokpɔ mawo me enumakee nye dɔléle gbogbo siwo xɔ aƒe ɖe xexeame egbea.

Ne mekpe amewo be woaxɔ nuɖuɖu ƒuƒu la, nyemedoa dodokpɔ yeye aɖe ƒe susu ɖa o. Kura o, mele dzi dem ƒo na wo be WOATƆTƆ DODOKPƆ SIWO WOTSƆ BE WOAWƆ ƔESIAƔI LA BE WÒATƆTƆ AGBENƆNƆ ƑE DZƆDZƆME MƆNU LA ŊU.

Eyata nenye be susu nyui mele esi o ko la, mele be nuxlẽla nalala be ame bubuwo nawɔ "dodokpɔ yeye" ma eye woana wòanya nu tso emetsonua ŋu o. Ele be wòadzudzɔ eƒe dodokpɔ siwo me afɔku le enumake eye wòatrɔ ɖe agbenɔnɔ si sɔ ŋu.

Dodokpɔ mawo katã ƒe nu mamlɛawo, aɖaŋudɔ siwo wowɔ le... amegbetɔ ƒe numekukuwɔƒewo, nye atikekui kple atikekui siwo dzɔdzɔmeŋutinunyalawo di be yewoatsɔ ana nuɖuɖu xexeame, evɔ dzɔdzɔmenudokpɔƒea ƒe asinudɔwɔwɔwo ya nye lu, walnut kple akɔɖu. Ele be mí katã míawɔ tiatia le eve siawo dome. Nuɖuɖu siwo katã woɖa la nye nusiwo wot

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woxɔ woƒe dzɔdzɔmenɔnɔmewo le wo si. Nunyiame ƒe asixɔxɔ le wo ŋu abe vitamin-tike kple nuɖuɖu siwo woɖe tso nuɖuɖu me siwo wodoa bobloe le afisiafi ene.

Nu gbagbe ƒomevi geɖewo li, ɖɔktawo mele wo si o, kɔdziwo kple atikedzraƒewo hã mele wo si o, ke hã, negbe esiwo le amegbetɔ ƒe dzikpɔkpɔ te koe susɔ la, wonɔa agbe dɔlélewo manɔmee eye wowua woƒe agbenɔƒe si sɔ si sɔ kple woƒe ŋutilã nu dukplɔsewo, siwo to vovo tso ŋkeke ʋɛ aɖewo va ɖo ƒe alafa geɖe. Le eƒe ŋutilã ƒe wɔwɔme deblibo ta la, ele be amegbetɔ nanɔ agbe didi wu eye wòanɔ lãmesẽ me wu nuwɔwɔ bubu ɖesiaɖe le anyigba sia dzi. Ne womeɖu nuɖuɖu ƒuƒu blibo o gɔ̃ hã la, nudzɔdzɔ aɖewo li siwo woŋlɔ ɖi be ŋutsuwo te ŋu xɔ ƒe 150-180, to agbenɔnɔ le nɔnɔme siwo me woƒoa asa na nuɖuɖuwo ƒe gbegblẽ kpata me ko me. Nyateƒe si wònye be ame akpa gãtɔ menɔa agbe boo o la ɖee fia kɔte be nane gblẽ le woƒe agbenɔnɔ ŋu Lãwo ɖua numiemiewo ƒe aŋgba damawo kple aŋgbawo koŋ. Nunyiame siwo nyo wu eye woƒo wo nu ƒu wu, siwo ƒe nyonyome de ŋgɔ wu, siwo to numiemie mawo ƒe aŋgbawo kple aŋgbawo, woƒe kewo kple alɔwo me vɔ la, wova ƒo ƒu ɖe woƒe nukuwo kple atikutsetsewo me la le ameƒomea si.

Ɣeyiɣia de be nugbagbeŋutinunyalawo nalɔ̃ ɖe edzi be yewotra ɖa tso mɔ nyuitɔ dzi eye yewole yewoƒe numekukuwo wɔm le teƒe siwo mesɔ o. Gawu la, ele be woaʋu eme be manya wɔ be woatsɔ nusiwo wowɔ kple asi axe fe ɖe nusiwo bu le dzɔdzɔmenunyiame siwo le eme me o; be ŋutete mele aɖiwo ŋu be woagbugbɔ ŋutinu vovovoawo ƒe gbegblẽ aɖo anyi o; be míaƒe ŋutinuwo kple lãkusiwo nye míaƒe ŋutilã ƒe akpa siwo womate ŋu ama o eye eyata mele be woalã wo alo aɖe wo ɖa o. Egbea la, mele mɔnu bɔbɔe aɖe si le bɔbɔe ŋutɔ si dzi woato aɖe amegbetɔ ƒe ŋutilã tso dɔlélewo katã me le mɔ nyuitɔ nu eye wòaƒo nya ta la fiam wo. ENYE LÃMEŊUTINUNYA ƑE LÃMEŊUTSU SIWO WOGBLƆ KPLE NUSIWO MEGAÐOÐO O ƑE TSƆTSƆ, TO NUÐUÐU MENYE NUÐUÐU ƑE NUÐEÐEŊUTI ƑE NUÐEÐEŊUTI ƑE NUÐEÐEŊUTI TSƆTSRƆ ME, KPLE LÃMEŊUTSU SIWO LE LÃMEME KPLEE TƆXƐ SIWO WOWƆ TSO DZƆDZƆMENUNYENYEWO ME TSƆ ÐE WO ÐE WO TE. Be maka ɖe nye nyaʋiʋliwo ƒe nyateƒenyenye dzi bliboe la, ɣleti ʋɛ aɖewo ƒe dɔwɔwɔ koe hiã.

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Nukae wòle be wòanye ɖɔktawo kple nugbagbeŋutinunyalawo ƒe taɖodzinu, ne menye ablɔɖenana o ƒe ameƒomea tso dɔléle me? Nuɖuɖu ƒuƒue nye mɔ si dzi woato aɖo taɖodzinu ma gbɔ.

Ele be woaɖe gbeƒãe enumake nenye be le nyateƒe me la, yewodi be yewoakpɔ a xexe si me dɔléle aɖeke mele o. Ne woate ŋu aɖo kpe edzi be yewo ŋutɔ yewoƒe akɔntabubuwo de pɛpɛpɛ wu akɔntabubu siwo dzɔdzɔme wɔ, eye be lã ɖulawo le xexeame katã kuna le dɔlélewo ta le esi teƒe be woƒe lãmesẽ nahaya la, maxɔ dzudzɔ le fefewɔƒea enumake le ha me kple nye agbalẽwo eye emegbe maxɔ dzudzɔ le fefewɔƒea mizi ɖoɖoe. Ne menye nenema o la, kakaɖedzitɔe la, womate ŋu azi ameƒomea dzi be wòado dzi le dɔlélewo nu be woatsɔ ana kɔdziwo kple atikedzraƒewo ƒe ɔɔtruwo nanɔ ɔuɔu ɖi ko o.

Ele be woadzra wo ɖokuiwo dome ɖo kple susu si nye be tso fifia dzi la,... woabu nuɖuɖu siwo woɖa kple woƒe aɖaŋuɖoɖowo dzadzraɖo be wonye nuvlowɔwɔ ɖe ameƒomea katã ŋu, eye woabu "dɔdamɔnu" to aɖiwo dzi be enye afakaka le ɣeyiɣi si me woɖaa nu. Ðɔkta siwo nya nu eye wowɔa nu ɖe ame ŋu la atɔ te aɖaŋuɖoɖo mawo enumake eye woakpe amewo be woabɔbɔ wo ɖokui ɖe dzɔdzɔme ƒe sededea te. Ele be ɖɔkta si ƒe dzitsinya ƒe dzobibi susɔ ɖe eƒe dzi me la ƒe asiwo naɔuɔu ne ele aɖinuwo kple vitamin siwo wowɔ kple asi ƒe ŋkɔwo ŋɔŋlɔ ɖi, eye eƒe nuyiwo naɔuɔu ne ele nuɖuɖu siwo woɖa ƒe ŋkɔwo yɔyɔ me. Woƒe dɔwɔwɔwo sɔ kple kufiatsotso na ame maɖifɔwo. Na dzilawo katã hã nakpɔ esia adze sii.

Ðewohĩ nye nuxlẽla aɖewo malɔ̃ nye nuŋɔŋlɔ ƒe gbeɖiɖi o. Eme woƒe nukpɔsusu la, ele be nye nyagbɔgblɔwo nanyo wu be woanye dzɔdzɔmeŋutinunya tɔ wu (wotsɔ Latingbe me nyagbɔgblɔ aɖe si gɔme ame akpa gãtɔ mate ŋu ase o ɖo atsyɔ̃ na wo), woadzra wo dome ɖo wu (nyatoƒoetoto), woanye esiwo me nyawo me sẽ wu (alakpanuwɔla), esiwo me woɖea asi le nu ŋu le wu (siwo mebua tame nyuie o), ameŋububutɔe wu (aɔatsokaka) kple aɖaŋudzedze wu (aɔadziɖuɖu). Gake melɔ̃na be matso nya me, anukwareɖiɖi kple dzinɔameƒo. Eye aleae manɔ, ne mekpɔ xexeame katã ɖe ŋunye gɔ̃ hã. Meka ɖe edzi be ame siwo katã si susu le la akpe ɖe ŋunye eye dzidzime siwo gbɔna hã aɔli eta.

Ne mebu kafukafu si nye koklozi ƒe mɔli ŋu la, koklozi ƒe ɔeɔẽ lilili azi, aklã si wofli alo atikutsetse si wofli la na ame siwo mewɔa dɔ o, eye vevietɔ na ɖevi suewo, si nye nuvlowɔwɔ, menye ameŋugblẽnya aɖekee mele ewɔm o. Alo

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ɖe mewɔa nuvɔ̃ ɖe nyateƒea ŋu ne mebu atikewɔwɔ ƒe dɔwɔwɔ mawo katã be wonye akunyawɔwɔ si me le esi teƒe be woakɔ dɔnɔ si le tsitre ɖe ku ƒe agbo nu to dzɔdzɔmenunyiame ƒe kpekpeɖeŋu me ƒe ʋukawo ŋu la, woado ŋusẽ eƒe dzi ƒe lãmekawo ahana wo eƒe agbenɔƒe didi yeye aɖe, wokekea eƒe ʋukawo ɖe enu to aɖi siwo doa dziku na ame me, wodoa ŋusẽ dzia ƒe dɔwɔwɔwo to "ƒoƒo ƒe ɖa" dzi, woɖea ʋua ƒe agbɔsɔsɔ dzi kpɔtɔna to ʋudodo me alo wogblẽnɛ eye woɖea edzi to mɔnu siwo wowɔ kple asi dzi. Bircher-Benner kple dzɔdzɔmeŋutinunyala bubu geɖe siwo tsɔa dzitsinya nyuiwo hã, bu dɔwɔwɔwo abe afakaka, amebeble kple fewuɖuɖu ene.

Kakaɖedzitɔe la, nyemeɖi fɔ le ɖokuibɔbɔmawɔmawɔ ta ne, ŋuɖoɖo ɖe nye ame ŋutɔ ƒe mɔnu, si seɖoƒe li na ŋutɔ, mewɔa numekuku vevie eye emegbe, le nusiwo ŋu meke ɖo dzi, meɖea gbeƒãe be lãmenugbagbeviwo ŋuti nunyalawo ɖi fɔ le tagbɔsesẽ ta ne wotɔ dzo nunyiame akpe geɖe siwo le dzɔdzɔmenuɖuɖuwo me gbã eye wotsɔ lãmenugbagbeviawo de gbegblẽ vevie, eye emegbe wogblẽ wo dome dukɔa ƒe ga miliɔn geɖe dze agbagba dzodzro be yewoatrɔ WOƑE MƆ̃ KPLEE DƆWƆNA SIWO KAtã BUBU la ayi lãmenugbagbevi mawo me to NU ÐEKA SI WOŊLƆ ÐE AME SIWO ŊKE.

Mina míatsɔ ɖɔkta si ƒe dzikpɔkpɔ te metsɔ vinye lɔlɔ̃ eveawo de asi na la awɔ kpɔɖeŋui. Gbã la, le taflatse be yeakpe ɖe woƒe nuɖuɖumeŋusẽ ŋu eye wòlé woƒe ŋusẽ ɖe te ta la, ede se ɖe atikutsetse ƒuƒuwo nu na wo eye wòkafu compotes kple "nuɖuɖu siwo me nunyiame le" ɖe eteƒe. Emegbe ku ɖe auto-intoxications kple auto-infections siwo dona tso aɖaŋuɖoɖo mawo me abe asrã ene ŋu la, eŋlɔ quinine ƒe agbɔsɔsɔ dziŋɔwo na amewo eye, emegbe kokoko, to dodokpɔ kple dodokpɔ manyaxlẽwo dzi, "nuɖuɖu" siwo sesẽ wu kple atike vovovowo ƒe agbɔsɔsɔ gã aɖe kple egbegbe dɔlékuiwutikewo ena ŋusẽ mamlɛtɔ si le ɖeviawo si la meganɔ wo si ɔ. Ðɔkta sia tɔgbe ɖi fɔ le nuvlowɔwɔ si Nyɔŋu WU la ta godoo, togbɔ be ewɔ nusianu le manyamanya me hã. Fifia, be wòagawɔ nuvɔ̃ ma ke ɖe ɖevi bubuwo ŋu ake o la, ele be míatsɔ eƒe fɔɖiɖia ava aƒemee eye míana wòakpɔe be yeɖi fɔ le nuvlowɔwɔ nyɔŋutɔ kekeake me. Ne atike siwo nye be

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vinyewo xɔ le ƒe 14 me la, wozãe tẽ, aʋakɔ blibo aɖe atsrɔ̃ keŋkeŋ.

Ðoƒe la le nenema egbea wu alo wu nenema. Le dzɔdzɔmeŋutinunya ƒe ɣeyiɣi sia me ŋgɔyiyi la, megakpɔa ɖevi gbogbo aɖewo siwo ƒe amadede nye aŋutiɖiɖi, siwo gbɔdzɔ, siwo dadawo toa dzideƒoname kple ŋɔdzidoname ƒomevi ɖesiaɖe dzi be yewoazi yewo dzi be yewoaɖu bli, lã, azi, abolo, anyitsi, bɔta kple abolomegba, evɔ le ɣeyiɣi ma ke me la, wode se ɖe aŋanyi kple abolomegba nu na wo vevie akɔɖu na "being indigestible", cherries kple weintsetsewo hena "aɖuɖɔtoe hehe vɛ", kple mulberry kple melon hena "asrã wɔwɔ". Aleke mawɔ atsɔ ɖekematsɔleme ado dzi le nɔnɔme wɔnublanui sia me?

Amesiame nya alesi gbegbe amegbetɔ ƒe nugbagbevi ƒe wɔwɔme sesẽe. Bli ƒe nuku ƒe wɔwɔme sesẽ ma tututu.
Ne míena wòmie la, eva zua ŋutilã si le dɔ wɔm hele dzidzedze kpɔm, si nɔa agbe hegbɔa ya abe amegbetɔ ene, negbe ɖeko mete ŋu ƒoa nu hezɔna o.
Nu akpe geɖe siwo hiã vevie na míaƒe ŋutilã ƒe akpa gãwo kple suewo katã ƒe dɔwɔwɔ edziedzi la ƒoa ƒu ɖe eme le woƒe agbɔsɔsɔ si hiã me eye to akɔntabubu siwo sɔ pɛpɛpɛ wu me. Ne míetrɔ lu gbagbe la wòzu abolo la, míegblẽa nu siwo katã le eme la dome negbe eƒe afi ko: starch kple sukli kukuawo. Esi vidada si si susu nyui le bu aŋɔ mawo le susu me be wonye nunyiame ŋutɔŋutɔ ta la, etsɔa wo naa via, gake evɔ̃na be yeana lu gbagbe lae.

Nenema ke nuɖuɖu siwo katã woɖa le xexeame, siwo ame siwo mekpɔa nu kpuie buna be wonye nunyiame nyuiwo la, menye naneke wu aŋɔ siwo ʋẽna lilili eye wovivina ŋutɔ ƒe ƒuƒoƒo vovovowo o. Vitamin kple slat siwo ŋu nugbagbeŋutinunyalawo ke ɖo le wo me la nye nusiwo mele dzɔdzɔme nu o, siwo me agbe mele

Ne wonya ɖa amagbe gbagbe ƒe lãmenugbagbevi ko la, meganyea nunyiame o; edona le eƒe dzɔdzɔmenɔnɔme me eye wòtrɔna zua nusi wowɔ kple asi. Ne vidada tsɔ eƒe abolo gbãtɔ, notsi ƒuƒu alo nu bubu aɖe si woɖa la na via sue la, edzea nu wɔwɔe mawo zazã gɔme tsɔ wɔa dodokpɔ siwo me nublanuimakpɔmakpɔtɔe kple esiwo me amegbetɔ ƒe nɔnɔme mele o wu le via ŋu.

Vodada vevitɔ si atikeŋutinunya wɔnae nye eƒe nukpɔkpɔ kpui si wɔ nublanui. Lãmenugbagbeviŋutinunyala xɔŋkɔ aɖe abe alesi Cowdry bua eŋu ene gɔ̃ hã

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nuɖuɖu gbagbewo kple esiwo de blibo abe lu, nukuwo kple atikutsetsewo ene be woanye "nuɖuɖu siwo sɔ boŋ eye wole bɔbɔe siwo tso nutoa me". To vovo na ema la, ebua aŋɔ gbogbo siwo le amadede vovovowo me siwo amegbetɔwo ɖuna be wonye "nuɖuɖu vovovo gbogbo aɖewo siwo woƒo ƒu tso xexeame ƒe akpa geɖe" (op. cit. p. 220), eye wòkpɔ mɔ be Aristotle aɖe nava afia ye be vovototo ŋutɔŋutɔ si le wo ame evea dome.

Togbɔ be metsɔ nya ɖe atikewɔwɔ ƒe ɖoɖo si li fifia ŋu vevie hã la, mewɔe nenema mègatsɔ fuléle ame aɖeke o. Ðeko mewɔa nublanuikpɔkpɔ deto ɖe ŋutsuwo kple nyɔnuwo katã ŋu vovototo aɖeke manɔmee, elabena wole nuvlowɔwɔ mawo wɔm ɖe woawo ŋutɔ ƒe amewo ŋu, ɖe woƒe ƒomedodowo ŋu kple ɖe ameƒomea ŋu le manyamanya me eye womede ŋugble le eŋu o. Gake amesiwo yia edzi le woƒe vodadawo me le fli siawo xexlẽ vɔ megbe la, amegbetɔ nunyala ɖesiaɖe abu fɔ wo.

Ɣeyiɣia de azɔ si wòle be nugbagbeŋutinunyalawo natia ɖeka le... mɔ eve ʊu ɖi na wo. Ele be woalɔ̃ ɖe dzɔdzɔme ƒe nunya si me vodada mele o dzi eye woaɖe ameƒomea tso eƒe fukpekpewo katã me zi ɖeka alo esi woaŋe aɖaba aƒu dzɔdzɔmesewo dzi eye woaɖo ŋu ɖe woawo ŋutɔ ƒe ʊɔnudɔdrɔ̃ ɖeɖeko ŋu la, ele be woabu abolo ɣi be ede ŋgɔ wu lu gbagbe, si wobu be enye nusi wowɔ kple asi si nyo wu dzɔdzɔme tɔ, eye woyia edzi le woƒe dodokpɔ siwo gblẽa nu le ame ŋu me abe tsã ene. Nukae ado tso eme ɣemaɣi? Mina míatsɔe be nɔnɔme si li fifia yi edzi dzidzime ʊɛ aɖewo kpee, eye le ɣeyiɣi ma me la, atikewo ƒe agbɔsɔsɔ dzi ɖe edzi zi gbɔ zi eve ŋutɔŋutɔ; vitamin siwo wowɔ kple asi ƒe xexlẽme dzi ɖe edzi zi gbɔ zi ene, wotrɔ aƒe ɖesiaɖe wòzu kɔdzi eye ame ɖesiaɖe va zu ɖɔkta. Nukae wòle be míakpɔ tso nusiawo katã me, ne ɖɔktawo ŋutɔ kuna le dɔlélewo ta zi geɖe wu ame ƒomevi bubu ɖesiaɖe eye zi geɖe la, wokuna do ŋgɔ na ame bubu ɖesiaɖe?

Agbanɔamedzi bliboa le xexeame ƒe mɔ gbegblẽ nu la le... eŋutinunyala xɔŋkɔwo: nugbagbeŋutinunyala siwo le numekuku wɔm kple atikewɔwɔ ŋuti nufialawo. Mele be woabu fɔ ɖɔkta dzrowo o, elabena ɖeko wotsɔa nusiwo woƒe nufialawo fia wo la dea dɔwɔwɔ me. Wometsɔa beléle na dɔwɔƒe aɖe de asi na mɔ̃ɖaŋudɔwɔla aɖeke kpɔ hafi va nya eƒe dɔwɔwɔ ŋuti nyatakakawo katã o. Kakaɖedzitɔe la, manya wɔ be woatsɔ gɔmedzenu kakɛ aɖewo ayɔ amewo ƒe ƒuƒoƒo aɖe me o

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sidzedze, nususugblɔ siwo wosusuna le susu me, nususugblɔ siwo wosusuna kple nufiafia siwo tsi tre ɖe wo nɔewo ŋu, eye emegbe woana ablɔɖe blibo wo be woatsɔ aɖi akpe geɖe, dɔwɔnu siwo wɔa funyafunya ame kple sedede siwo wowɔna le susu me, kple esiawo katã mɔɖeɖe alo mɔxenu aɖeke manɔmee. Mina míatsɔe vie be atikewɔwɔ ŋuti gbalẽwo kple numekugbalẽ siwo katã le xexeame la sɔ. Ɣe ma ɣi; be ɖɔkta nate ŋu alé wo ɖe susu me la, ahiã agbe wuieve eye ɣemaɣi gɔ̃ hã la, mate ŋu ase nuwɔna manyaxlẽ siwo le dɔ wɔm le amegbetɔ ƒe nugbagbevi me ƒe akpa akpe ɖeka gɔme o.

Ne dɔnɔ si ŋu dɔléle si nɔa anyi didi le la yi ɖɔkta alafa ɖeka gbɔ la, woaŋlɔ atike vovovo alafa ɖeka nɛ ahaɖo aɖaŋu nɛ. Elabena ɖeko ɖɔktawo wɔa dodokpɔwo kple dodokpɔ siwo ŋu fɔɖiɖi le wu le ema me. Abe alesi Amesiwo trɔ to to na nyateƒenya siawo siwo dze ƒã fifia la, mate ŋu aʊuʊu agbanɔamedzi le woƒe abɔta etsɔ o ene. Ne egbegbe viwo tsi le ɣeyiɣi aɖe megbe eye wokpɔe be lãmesẽ mele yewo ŋu o eye numamewo nyrɔ yewo ɖe wo ɖokui me la, woabia akɔnta tso nugbagbeŋutinunyalawo katã, xexeame ƒe ŋgɔnɔlawo kple woawo ŋutɔwo dzilawo si, eye woabia tso wo si be yewoanya afɔ siwo yewoɖe esime wonɔ xlẽ nuxlɔ̃ame siawo. Ðe wogasusui kokoko be yewoƒe nunya lolo wu dzɔdzɔmea?

Ne womebui nenema o la, ele be woatɔ te dzɔdzɔmenuɖuɖuwo tsɔtsrɔ̃ enumake. Esiae nye Dzɔdzɔme ƒe sedede sesẽ, si melɔ̃na ɖe nugblẽfexexe aɖeke dzi o. Enye xexeame katã ƒe se.

Gake egbea la, ameƒomea le agbe le abosam siwo trɔ anyigba sia wòzu dzomavɔ la ƒe ŋusẽ te keŋkeŋ. Abosam mawo, esi wodo nyɔnuvi dzetugbewo ƒe ametakpɔnu ta la, wobɔbɔ nɔ fiẽnuɖukplɔ̃wo dzi kple amegbetɔ ƒe nuɖugbawo me; wobɔbɔ nɔ eƒe mo kple eƒe asike dzi, ɖe eƒe abɔwo kple eƒe afɔwo dzi, ɖe eƒe kɔ kple eƒe abɔta, eye tso woƒe teƒe siwo wokpɔa nu le la, wokoa nu le eƒe sidzenuwo ŋu bubumademadetɔe. Woge ɖe eƒe ŋutilã me eye wova dze eƒe dzi kple luʊɔ ŋutɔ me.

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Egbegbe ame "deŋgɔ" ɖua fewu le trɔ̃subɔsubɔ si nɔ anyi le ɣeyiɣi siwo va yi me ŋu, gake menya be yenye trɔ̃subɔla vɔ̃ɖi kura wu trɔ̃subɔla siwo nɔ anyi va yi o. Le blema la, ŋutsuwo ɖoa lã vovovowo ƒe nɔnɔmetatawo hesubɔa wo; egbea wowua lã mawo hedea ta agu na woƒe kuku siwo gblẽ.

Egbegbe ŋutsu "deŋgɔ" mate ŋu akpɔ ŋutasẽnuwɔwɔ si me... xexeame katã le agbe le fifi ɣeyiɣia me. Aƒenɔ "si ƒe dzi me kɔ" eye "dzi fa miamiamia" si ƒe mo tsia dzodzodzoe ŋutɔŋutɔ ne ekpɔ ʊu ʊɛ aɖewo le ɖevi ƒe mo la, tsɔa alẽvi ƒe dzi, aklã alo no si me ʊu le la dana ɖe kplɔ̃a dzi le dziɖeɖi me eye wòtsonɛ ɖe eme ɖekematsɔleme katã, evɔ mede ŋugble ɣeyiɣi kpui aɖe be gaƒoƒo ɖeka pɛ ko hafi nuwɔwɔ dahe la yɔ fũ kple agbe kple ŋusẽ o. Ne ɖe wòkpɔ, tso eƒe ɖevime, vidzĩ wuwu kpe ɖe koklozi alo alẽvi tɔ ŋu la, anye ne etsɔa hɛa kple ɖekematsɔleme ma ke eye, ɖikeke aɖeke manɔmee la, atsɔ hɛa akpe ɖe alẽvi la ƒe dzi ŋu, atsoe vidzĩ ma ƒe dzi, ɖa nu eye nàɖu nu. Vovototo si le wo dome koe nye nyateƒe si wònye be eƒe ŋkuwo va zu numame na ɖeka, gake menye evelia o, ne menye nenema o la, amegbetɔ kuku siwo le xɔxlɔ̃m le lãwulawo ƒe fiasewo me, le nyi kukuwo xa la kpɔkpɔ si me ʊu le la mawɔ nuku nɛ o kple alẽwo.

Ameƒomea si Le Fifia Mele Adzɔge Ðo Be Woanye Dekɔnuwo

Zi alesi amegbetɔwo yi edzi le nuɖuɖu siwo woɖa ɖuɖu me ko la, dzidzedzekpɔkpɔ ŋutɔŋutɔ alo ŋutifafa si anɔ anyi ɖaa mate ŋu anɔ Anyigba dzi o. Nuɖuɖu si woɖa ye hea aʊawɔwɔ kple amewuwu siwo katã le xexeame vɛ.

Enye nuɖuɖu si woɖa si dzia kplɔla vɔ̃ɖiwo kple ŋutasẽdziɖula siwo me afɔku le abe Hitler, Lenin, Stalin kple bubuawo ene alo nuvlowɔla vɔ̃ɖiwo abe Abdul Hamid kple Talaat kpakple wo yomedzelawo ene, amesiwo wu Armeniatɔ siwo le ŋutifafa me ƒe afã ɖeka eye wonya evelia afã tso wo denyigba si nɔ anyi le blema me, afisi wonɔ ƒe akpe geɖe, henɔ woƒe agblededɔwɔnuwo, woƒe aƒewo kple wo tɔ dam henɔ wo dam

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abɔwo, woƒe towo kple woƒe baliwo, eye emegbe wowɔa atsyã ŋukpemanɔmee le xexe "deŋgɔ" bliboa ŋkume tohehemaxɔmaxɔ bliboe.

Togbɔ be bli ƒe wɔwɔ le dzidzim ɖe edzi ɖaa hã la, nukuwo gakpɔtɔ le ʋɛ ŋutɔ le xexeame katã.

Susu etɔ̃ tae vovototo wɔnuku sia tso: Gbã la, ne míetrɔ abolo si wotsɔ nuɖuɖu blibo wɔe wòzu abolo ɣi le afisiafi la, míeɖea nunyiame ƒe asixɔxɔ mamlɛ siwo susɔ la le esi. Emegbe to vidzidzi si wowɔ kple asi ƒe kpekpeɖeŋu me la, míedoa nusiwo woƒã ƒe agbɔsɔsɔ ɖe dzi le eƒe nyonyome ƒe asixɔxɔ ta. Mlɔeba la, alakpatɔa le dzidzim ɖe edzi kabakaba ale gbegbe be nuɖuɖu ƒe dzidziɖedzi mete ŋu wɔ ɖeka kple didia kura o.

Eye wole agbledenyigba akpa gãtɔ zãm tsɔ le nuɖuɖu nam lã kple nyinotsi dɔwɔƒewo ƒe lãnyilawo.

Ne ŋutsuwo kpɔe zi gbãtɔ la, ate ŋu asesẽ na wo be woakpɔ viɖe gã siwo ameƒomea akpɔ tso nuɖuɖu ƒuƒu me la le susu me.

Enumake kloe la, woatutu dɔléle ɖesiaɖe ɖa tegbee, eye nu ɖesiaɖe si woatsɔ akpe ɖe eŋu kple nuvlowɔwɔ ɖesiaɖe nu ayi le anyigba dzi.

Le ɣeyiɣi ma ke me la, agbe ƒe mɔkpɔkpɔ adzi ɖe edzi zi gbɔ zi eve alo etɔ̃ eye ganyawo ƒe ŋgɔyiyi si lolo ale gbegbe si amegbetɔ mate ŋu akpɔ o ƒe alafa geɖe, ne nɔnɔme si li fifia yi edzi.

Nya siawo nye nyateƒenyawo ke menye nyakpakpawo o, eye nusi gavloe wue nye be woate ŋu aƒle viɖe mawo katã le mɔ bɔbɔe aɖe ŋutɔ nu. Nusi wòle be míawɔ koe nye be míade bubu dzɔdzɔmese vevitɔwo kekeake ŋu eye míaxe mɔ ɖe lu gbagbe siwo le vevie la ƒe tsɔtsrɔ̃ nu. Ne susu me nunya le ame si be wòage ɖe lu gbagbe si le dɔ wɔm kple abolo si wotɔ dzoe dome ahade dzesi vovototo si le lu ɖula si wotɔ dzoe dome la, ate ŋu aƒo nya ta bɔbɔe be vovototo si le nu gbagbe si ɖua nu ƒuƒu kple abolo si w nuɖula.

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Azɔ mina míalé ŋku ɖe nɔnɔme si dziɖula siwo li fifia le ŋu xexeame kple dziɖuɖumegã bubu siwo tsɔ agbanɔamedzia ɖe kuxi vevi siawo ŋu. Lɛta siwo woxɔ tso wo gbɔ ɖee fia be yewoxlẽ nye agbalẽ gbãtɔ kple ɖetsɔleme eye be yewokpɔe be yewole veve sem ɖe nye nukpɔsusuwo nu le goawo katã me. Nyemese gbe ɖeka pɛ hã si mewɔ ɖeka o tso akpa aɖeke o. Gake esia mesɔ gbɔ o. Nye agbalẽa menye agbalẽ dodzidzɔname aɖe si woaxlẽ zi ɖeka atsɔ ada ɖe vovo o. Enye babla si me woƒo nu tso míaƒe xexeame ƒe kuxi vevitɔwo kple esiwo hiã kpata wu ŋu le. Ele be woaxlẽe zi gbɔ zi geɖe, eye woada eƒe nyagbe ɖesiaɖe kpɔ nyuie ahabu eŋu gaƒoƒo geɖe.

Anye vodada ne xexeame dziɖula mawo bu nuɖuɖu ƒuƒu be enye nyabiase ɖeka si wogawɔna edziedzi eye abe woƒe dunyahehe kple ganyawo ƒe kuxi bubuawo katã ene la, wotsɔe de asi na "eŋutinunyalawo" be woagasrɔ̃ nu tso eŋu ahade ŋugble le eŋu. Ƒe akpe geɖe enye sia si wowɔ dodokpɔ kple numekuku gbogbo aɖewo, gake wo katã do kpo nu vevie. Egbea la, enye dziɖuɖumegãwo ƒe dɔ enumake be woafia mɔ amewo BE WOATƆ DODODO GBƆGBLƆ MAWO NU KPLE WOAGBLƆ ÐE WOƑE AGBENƆNƆ SI WÒLE BE WOAWƆ BE WÒLE BE WOAWƆ LA ŊU. Egbea la, ame sia ame si si susu le la nye eŋutinunyala bibi aɖe le vovototo si le dzɔdzɔmenuwo kple esiwo mele dzɔdzɔme nu o, nunyiame gbagbewo kple nuɖuɖu siwo me agbe mele o dome kple woƒe nusiwo wotsɔ asi wɔe, siwo ŋu wogblẽ nu le la nyanya me.

Ame si ɖua ame miliɔn geɖe dzi la, mate ŋui bɔbɔe tututu o dziɖuɖu ɖe ame ɖeka dzi, eya ŋutɔ ƒe amenyenye.

Susu eve koe ate ŋu anɔ anyi siwo ta woagbe nuɖuɖu ƒuƒu ƒe gɔmeɖosewo: susu nyui ƒe anyimanɔmanɔ kple lɔlɔ̃nu faa ƒe ŋusẽ ƒe anyimanɔmanɔ. Susu etɔ̃lia mate ŋu anɔ anyi o. "Susu" bubuawo katã nye taflatsedodo dzro aɖe si wodo ɖe ŋgɔ be woatsɔ atsyɔ gbɔdzɔgbɔdzɔ eve mawo dzi. Mele be ame siwo dea bubu wo ɖokui ŋu le agbanɔamedzinɔƒewo nana ame aɖeke nasusu be dzi mele yewo si o eye agbenyuinɔnɔ ƒe dzɔdzɔenyenye mele yewo si o.

Amesiwo le nuɖuɖu ƒuƒu blibo srɔ̃m ɣleti eve alo etɔ̃ sɔŋ la malɔ̃ gbeɖe be yewoatrɔ ayi yewoƒe agbenɔnɔ si mesɔ o tsã la gbɔ o, ne wokplɔ wo yi xɔtunua ƒe afɔ gbɔ gɔ̃ hã. Ŋutsu si léa be na eƒe amenyenye eye wòdea asixɔxɔ etɔ ƒe lãmesẽ kple nyonyo ŋu

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ɖeviwo awɔ "dodokpɔ" ma si nye ɣleti eve alo etɔ̃ heheɖemegbe aɖeke manɔmee. Ele be kplɔla mawo siwo tsɔ ɖe le woƒe amewo ƒe dzidzɔkpɔkpɔ kple nyonyo me (ne ɖe li) naʊu mɔ na ameƒomea katã ƒe nudzedziname to woawo ŋutɔ ƒe kpɔɖeŋuwo dzi. Esia anye woƒe subɔsubɔdɔ si ŋu viɖe le wu eye wòdze na ameƒomea.

Menye nyagbɔgblɔ si gbɔ eme ne míegblɔ be nuɖuɖu siwo woɖa, be womele dzɔdzɔme nu o eye...

nusiwo wowɔ kple asi, menaa nunyiame nuku aɖeke míaƒe lãmenugbagbevi tɔxɛwo o. Gawu la, menye gazazã kple kuxi siwo wotsɔ na woe nye nusiwo gblẽna ko o, ke wonye mɔnu si dzi woato atsrɔ̃ amegbetɔ ƒe ŋutinuwo keŋkeŋ eye le nyateƒe me la, woatsrɔ̃ amegbetɔ ŋutɔ hã. Nuteƒekpɔkpɔ si woakpɔ le ɣleti ʊɛ gbãtɔ siwo me woɖu nu ƒuƒuiwo me la aɖe nya siawo ƒe nyateƒenyenye afia amesiame kɔte. Anyo be míade ŋugble le biabia sia ŋu hena ɣeyiɣi aɖe.

Le ƒe ʊɛ siwo va yi me la, nyatakaka gbogbo aɖewo va...

woxɔe tso anyigba ƒe dzogoewo katã dzi le dzidzedze siwo wokpɔ to nuɖuɖu ƒuƒu me dzi. Nyatakaka sia ɖee fia be ame akpe geɖe siwo ka ɖe edzi be woɖua lã ƒuƒu siwo kaka ɖe xexeame katã, eye wo dometɔ geɖe da gbe le dɔléle sesẽwo me eye wole agbe si me dzidzɔ le wu fifia. Ame siawo menye eŋutinunyalawo alo dzɔdzɔmeŋutinunyalawo o; ŋutsu agbalẽnyalawo kple dekɔnutɔwo koe wonye, siwo te ŋu se gɔmeɖose siwo ku ɖe nuɖuɖu ƒuƒu ŋu gɔme to woawo ŋutɔ ƒe nugɔmesese kple nuŋububu me, eye dzi ɖo wo ƒo wowɔ nyametsotso si hiã.

Nublanuitɔe la, nye agbalẽwo ƒe kaka do go kuxi sesẽ geɖewo. Edze ƒã be egbɔ ame ɖeka ƒe ŋusẽ ŋu be wòama agbalẽ miliɔn geɖe femaxee le xexeame katã. Metsɔ dɔbiagbalẽviwo na gbeƒãɖela geɖe le England kple Amerika, eye mekpe wo be woagata nye Eŋlisigbe me agbalẽ gbãtɔ le woƒe dukɔwo me. Wo katã wolɔ̃ ɖe edzi be agbalẽa doa dzidzɔ na ame eye wòɖea vi hã, gake woɖee fia be etena ɖe yewo dzi be medze yewoƒe agbalẽwo ƒe akpa dzi o. Esia gɔme sese le bɔbɔe ŋutɔ, elabena eƒe tata anye dzesi be woƒe "nuɖuɖu ŋuti" agbalẽ bubuawo katã wu enu hafi, elabena ame aɖeke si nya gɔmeɖose siwo ku ɖe nuɖuɖu ƒuƒu ŋu la mawɔe

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la lé ŋku ɖe wo ŋu vie. Egbegbetɔwo mate ŋu akpɔ nu ayi ŋgɔ wu woawo ŋutɔ ƒe didi nyɔŋuwo o.

Mele kuku ɖem na habɔbɔwo katã, dɔmenyohabɔbɔwo, dɔmenyotɔ dɔmenyotɔwo kple amegbetɔ ƒe kpekpeɖeŋunala siwo ƒe gbɔgbɔ le dutoƒo le xexeame katã be woana kpekpeɖeŋu dɔmenyotɔe. Mina woana kpekpeɖeŋu ɖesiaɖem le nye agbalẽwo kaka me. Woate ŋu adɔ nye agbalẽwo ƒe tata blaeve, blaatɔ̃ alo alafa ɖeka eye woama wo le woawo ŋutɔ ƒe didi nu, to wo dzadzra alo wo nana femaxee me. Agbalẽ ɖesiaɖe ate ŋu axɔ amewo ɖe agbe, ada dɔléle sesẽ aɖe na amewo alo aʋu etsɔme dzidzɔkpɔkpɔ ƒe mɔkpɔkpɔ na ɖeviwo. Le ɣeyiɣi sia me la, dɔwɔna aɖeke meli si ŋu asixɔxɔ gã le le amegbetɔ ƒe kpekpeɖeŋunana n

Ne ɖe agbalẽ sia tɔgbe ɖe vi nam ƒe 15 enye sia la, ke egbea nye eve ɖevi lɔlɔ̃awo anɔ agbe. Le go bubu me la, ne ɖe nye susu mekɔ abe ƒe 10 enye sia ene o la, ke mele be nye ŋutɔ manɔ agbe fifia o. Xexeametɔwo katã le nɔnɔme ɖeka me le ɣeyiɣi sia tututu me eye wohiã míaƒe kpekpeɖeŋu vevie. Ehiã be woanya nunyiame ŋuti gɔmeɖose nyuitɔwo kaba ale si woate ŋui.

Egbea la, mekpɔnɛ kple nye ŋutɔ nye ŋkuwo alesi ame aɖewo zãa ga gbogbo aɖe ŋutɔ be yewoatsɔ ama wɔ si ŋu wokɔ, sukli, notsi ƒuƒu kple lã si wodzra ɖo na ame dahewo. To nuɖuɖu mawo siwo mele dzɔdzɔme nu o eye wogblẽ vevie la mama na amewo me la, wowɔa nuvɔ̃ sesẽtɔ kekeake le manyamanya me eye wodaa dzɔdzɔmesewo dzi. Woanɔ mawuvɔvɔ̃ ƒe nuwɔna gãtɔ kekeake wɔm, ne woʋu ŋku na ame dzɔgbevɔ̃e mawo eye wofia wo alesi woawɔ anye raw-vegan.

Le nuɖuɖu zu numame na amewo katã gome la, ameyibɔ nye yevu eye yevu nye ameyibɔ. Ɣeyiɣi aɖe nɔ anyi si me wosususna tsã be Anyigba la le teƒe ɖeka, evɔ ɣe kple ɣletiviwo ya ƒo xlãe. Ne ame aɖe ɖe dzixɔse si tsi tre ɖe eŋu gblɔ la, ame siwo mekpɔa nu kpuie la bunɛ be enye aɖaʋatɔ, elabena le woawo ŋutɔwo ƒe ŋkume la, Anyigba la nɔa eteƒe sesĩe, esime ɣea nɔa ʋuʋum le yame.

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Susu ma tututue xɔ aƒe ɖe egbea. Edze abe amegbetɔ sena le eɖokui me le eya ŋutɔ ƒe ŋutilã me be aŋanyi "gblẽa nu le" ye ŋu ene, gake abolo ɣi si woɖa zi eve kple bli si wofli nyuie, esi woɖuna bɔbɔe ta la, "eɖɔa" dɔgboa ƒe dɔwɔwɔ ɖo. Gake menya be le nyateƒe me la, abolo kple bli mawo tututu zazãe na yeƒe dɔgbo gbɔdzɔ ŋutɔŋutɔ o; le nyateƒe me la, aŋanyi nye nuɖuɖu si ada gbe le eŋu le ɣeyiɣi didi aɖe megbe.

Egbea la, ameƒomea katã ka ɖe edzi be ne ame aɖe ɖu a nuɖuɖu "si me nunyiame le" ƒe agba υɛ aɖewo ne dɔ le ewum la, ekpɔa eƒe nugbagbe ƒe nudidiwo edziedzi gbɔ. Gake amewo menya be ame ma ƒe lãmenugbagbevi siwo sɔ la mexɔa nunyiame nuku aɖeke tso nu kuku kple nu mawo siwo wowɔ kple asi me o, eye be togbɔ be dɔgbo yɔ fũ hã la, dɔ gakpɔtɔ le wo wum kura.

Egbea la, ameƒomea katã ka ɖe edzi be hafi ame nate ŋu anɔ agbe le lãmesẽ me la, ele be dzɔdzɔmeŋutinunya me akɔntabubu vovovo siwo ku ɖe protein, vitamin kple mineral ƒe nunyiame ƒe asixɔxɔ ŋu, siwo wokpɔna le numekukuwɔƒewo, nafia mɔe. Womekpɔnɛ dzea sii be le nyateƒe me la, akɔntabubu akpa gãtɔ nye alakpa keŋkeŋ eye nɔnɔmetata vavãtɔ ƒe nɔnɔmetata siwo gblẽa

Egbea ne ame aɖe dze dɔ la, eka ɖe edzi be nusiwo katã le ye si be wòawɔ be wòada gbe le eɖokui ŋue nye be wòake ɖe aɖi aɖe koŋ si woyɔna be atike ŋu. Esia tae wòdzea nu wɔnuku ma didi gɔme enumake ɖo. Gake menya be atike muamewo zazã nye nuɖaɖa ƒe ɣeyiɣi sia ƒe afakaka eye be aɖi aɖeke mate ŋu awɔ dɔ nyui aɖeke gbeɖe o. Eye menya hã be nu eve ko gbɔe dɔlélewo katã tsona o: dɔwuame si nɔa lãmenugbagbevi siwo sɔ ŋu atraɖii le dzɔdzɔmenunyiamewo ƒe anyimanɔmanɔ ta, kple nuɖuɖu siwo mele dzɔdzɔme nu o, siwo woɖa kple aɖi bubuwo ƒe nugbegblẽ le ame ŋu; etɔ̃lia aɖeke meli si gbɔ wòtso o. Eyata mɔ ɖeka koe li si me susu le si dzi míato aɖe mía ɖokui tso dɔlélewo katã me zi ɖeka ɖe ɣeyiɣiawo katã nu. Ele be míatsri nuɖuɖu kple atike siwo mele dzɔdzɔme nu o keŋkeŋ, eye míakpɔ míaƒe lãmenugbagbeviwo ƒe nuhiahiãwo gbɔ to dzɔdzɔmenuɖuɖu (raw veganism) ɖeɖeko me.

Le nyateƒe me la, atikewo, siwo ame geɖe buna be wonye mɔ siwo dzi woato ada dɔlélewo, ŋutɔe nye nusiwo hea dɔlélewo vɛ. Le nyateƒe me la, e

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nye vodada dziŋɔ kple nublanuinya be woadi atike ɖesiaɖe si woate ŋu azã le nusi wowɔ alo nunyiame ɖekaɖeka aɖe me. Ke hã vodada sia tututue ameƒomea wɔ ƒe alafa geɖe siwo va yi. Atike siwo daa dɔ aɖeke mele xexe sia me o; nu tɔxɛ siwo hea dɔlélewo vɛ, siwo to wo ɖeɖeɖa me la, woatsrɔ̃ dɔlélewo katã ɖa le wo ɖokui si la koe li. Nu mawoe nye nuɖuɖu siwo woɖa kple aɖi siwo wotsɔ ŋkɔ gbegblẽ na be atikewo.

Egbegbe ŋutsua ƒoa adegbe ŋutɔ le eƒe dekɔnuwo ta, gake mede ŋgɔ kura kura o. Menye mɔ̃ɖaŋununya ƒe ŋgɔyiyi dzro aɖe koe mele be woatsɔ adzidze dekɔnu ŋutɔŋutɔ o, ke boŋ To AME ĐEKA ƑE SUSU KPL LUUU ƑE NU GBƆGBƆ, NU VƆ̃ĐIWO KPLEE NUMAĐEĐEWO ƑE UUUU, KPLEE AMEGBETƆ ƑE NUNYA ƑE AGBALẼ TSƆTSƆ TSO SUSUSUWO ME. Be egbegbe ŋutsu nate ŋu aɖi kɔ na nuɖuɖu ƒe dzodzro si mesɔ o la, etɔa dzo nuɖuɖu dzadzɛ siwo le dzɔdzɔme nu ƒe alafa memama 80 ɖe dzo dzi eye wòhea eya ŋutɔ ƒe tsɔtsrɔ̃ vɛ to dɔlélewo toto vɛ me. Be dukɔwo dziɖulawo naɖi kɔ na woawo ŋutɔ ƒe ɖokuitɔdidi kple dada la, woƒãa fuléle kple fuléle ƒe nukuwo ɖe xexeame dukɔwo dome eye wowua wo nɔewo.

Dzɔdzɔmeŋutinunya teƒenɔlawo gɔ̃ hã, siwo gbea nublanuikpɔkpɔ kple amegbetɔ ƒe seselelãmewo katã la, zãa dzɔdzɔmeŋutinunya ƒe ŋkɔ kɔkɔea ŋuɖɔɖɔɖotɔe tsɔ doa woawo ŋutɔ ƒe didi siwo mebɔ o ɖe ŋgɔ eye le esia wɔwɔ me la, wodaa adzo amewo le mɔ si nublanuikpɔkpɔ mele o wu nu.

Numanyamanya kple megbedede ƒe kpeɖodzi wɔdɔɖeamedzitɔwo dometɔ ɖeka ƒe ame "deŋgɔ" si li egbea nye eƒe mɔnu le kansa ƒe nya la ŋu. Ƒe gbogbo aɖewoe nye esia wòle nusi gbɔ afɔku gã ma tɔgbe tsona kple edada dim le atike aɖewo koŋ me, eye wògale didi ma si me susu mele o la dzi kokoko.

Le esia gome la, metsɔ nye kpeɖodzi siwo ŋu womate ŋu ake ɖi le o la ɖo xexeame ƒe dziɖuɖumegã geɖe ŋkume ƒe ene enye sia. Egbea la, megatsɔ kpeɖodzi mawo ɖo ɖa, le mɔ si me kɔ wu eye wodo ŋusẽe nu, si ƒe kpɔɖeŋu ŋutɔŋutɔ geɖe ɖee fia. Nukatae lãmesẽnyawo gbɔ kpɔƒe vovovoawo kple dziɖuɖumegã bubu siwo kpɔa wo dzi la le adzɔge eye wometsɔa ɖeke le eme o alea gbegbe ɖo? Nukatae amewo yia dzɔdzɔmenuɖuɖuwo tsɔtsrɔ̃ dziŋɔ dzi? Nukatae wowɔa e

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yi edzi tsɔ alakpa vitaminwo kple nuɖuɖu tɔxɛwo ŋuti aɖaŋuɖoɖo siwo tsi tre ɖe wo nɔewo ŋu eye wogblẽa nu le ame ŋu la yɔa woƒe agbalẽwo, nyadzɔdzɔgbalẽwo kple magazinewo mea? Afikae amegbetɔ ƒe dzitsinya kple dɔmenyonyo le? Afikae nusi woyɔna be dekɔnuwo le?

Mina amesiwo ƒoa nu tso dekɔnuwo ŋu ɣesiaɣi naɖo kpe esia dzi woawo ŋutɔwo de ŋgɔ ale gbegbe be woate ŋu ase dzɔdzɔmese vevitɔwo kekeake gɔme eye woase nusi wòfia be woaɖe ameƒomea tso dɔlélewo katã me, be woana agbe ƒe mɔkpɔkpɔ nadzi ɖe edzi zi gbɔ zi eve, ana agbenɔnɔ ƒe dzidzenu nadzi ɖe edzi zi gbɔ zi etɔ̃ alo zi gbɔ zi ene gɔme.

Le go sia me la, ame bubuwo ƒe gomenɔamesiwo zazã le mɔ gbegblẽ nu gaglãa wu ƒe kpɔɖeŋu wɔnublanui aɖe tso Los Angeles si le didiƒe ʊĩ ƒe eve enye sia. Esi nyɔnu aɖe si le California, si ŋkɔe nye Aƒenɔ H. Bulbeck, xlẽ nye Eŋlisigbe me agbalẽ gbãtɔ vɔ la, exɔ nuɖuɖu ƒuƒu blibo.
Esi susua ƒe akpa si nye amegbetɔ ƒe kpekpeɖeŋunadɔa he eƒe susu ta la, ebia agbalẽa ƒe tata 30 eye wòɖoe be yeakaka gbedasi nyuia ɖe ye xɔlɔ̃wo kple yeƒe ƒometɔwo dome. Le ɣeyiɣi sia me la, esi wòse be ame aɖe si ŋkɔe nye John Martin Reinecke ŋlɔa nyatiwo tso nuɖuɖu ƒuƒu ƒe nɔnɔme "viɖenamewo" ŋu le "Let's Live" Magazine si le Los Angeles me la, eŋlɔ lɛta nɛ eye wògblɔ eƒe atikewɔwɔmɔnu ŋu nya nɛ kple eya kple srɔ̃a siaa ƒe hayahaya tso dɔléle ɖesiaɖe si nɔ wo ŋu me emegbe.

Le nye agbalẽwo xexlẽ vɔ megbe la, dɔnɔ geɖe le xexeame katã va xɔ nuɖuɖu ƒuƒu eye esia wɔe be woda dɔléle sesẽ gbogbo aɖewo, tso taɖuame bɔbɔewo kple dɔgbo ƒe dɔlélewo dzi va ɖo dzitodzito me dɔlélewo kple kansa dzi. Dɔnɔ siwo ƒe geɖe mekpɔ viɖe aɖeke tso "eŋutinunyala bibi" siwo dze nyuie wu ƒe aɖaŋuɖoɖowo me o, eye wo dometɔ geɖe woɖe asi le wo ŋu le kɔdzi abe dɔnɔ siwo ŋu mɔkpɔkpɔ aɖeke mele o ene la, gaɖo woƒe lãmesẽ me le ɣleti ʊee aɖewo me eye wote ŋu le ewɔm fifia se vivi na agbe si me dzo le ƒe yayrawo katã.

Ame si gblẽa nuɖuɖu siwo woɖa kple aɖi bubuwo ɖi la mekpɔa dɔlélewo katã o eye ate ŋu akpɔ mɔ na amegãkuku dama si me lãmesẽ kple ŋusẽ anɔ, si me dɔlélewo ƒe fiƒode si nɔa anyi ɖaa manɔ o kple kakaɖedzi. Le agbalẽ sia ƒe akpa si kplɔe ɖo me la, nuxlẽla la akpɔ a

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lɛta gbogbo siwo mexɔna gbesiagbe tso dɔnɔ siwo nɔ anyi tsã siwo tsi dzi be yewoakpe ɖe ame bubuwo ŋu to woƒe nuteƒekpɔkpɔwo gbɔgblɔ me la tiatia. Gbɔgbɔ sia mee Aƒenɔ Bulbeck ɖoe be yeaŋlɔ agbalẽ na Aƒetɔ Reinecke.

Aƒetɔ ma ŋea aɖaba ƒua gome si le asinye ɖe nye ŋutɔ nye agbalẽ dzi dzi, ewɔa nya la ƒe kɔpi le nya nu la, nya ade siwo wogblɔ le nye agbalẽa ƒe akpa dzi la dometɔ ɖesiaɖe! tsɔ wo de "Mina Míanɔ Agbe" ƒe tata siwo nye February kple April, 1965 me. Magazine abe nyati aɖe si ƒe tanyae nye "Adventures in Raw Foods" ƒe akpa aɖe ene, emegbe egblɔ be yeadzra nyatakaka bubuwo le asi si nye $5 nu. Gake nusi doa dzidzɔ na ame wue nye nyateƒe si wònye be magazinea ƒe nuŋlɔlawo ɖo kpe edzi le ŋgɔdonya aɖe me be nyatia ŋlɔla tɔe nya mawo nye! Mele be amewo naxlẽ agbalẽ abe "Mina Míanɔ Agbe" ene o. Magazine, si nɔa agbe le vitamin siwo wowɔ kple "nuɖuɖu" ƒe dzadzraɖowo ƒe boblododowo me.

Fifia ƒe ewo kple edzivɔe nye sia la, megblẽ hadomegbenɔnɔ ɖi eye mexɔ vivisese ɖesiaɖe le asinye. Mewɔa nu ɖe ɖoɖo nu ŋutɔ le nye ƒomea kple nye ŋutɔ ƒe nuhiahiãwo gome, gake nyemehe ɖe megbe vie be mazã nye ga si medzra ɖo la katã atsɔ awɔ nusɔsrɔ̃wo kple agbalẽwo tata, siwo ƒe tata 10,000 mema na dzɔdzɔmeŋutinunyahabɔbɔwo femaxee xoxo kple ame ɖekaɖekawo le anyigba ƒe dzogoewo katã dzi. Metsɔ nu siawo sa vɔe be matsɔ afia xexeame katã si dzi woato akpɔ dzidzɔ kple dzɔdzɔmegbenɔnɔ ƒe mɔ vavãtɔ, eye le ɣeyiɣi ma katã me la, metsɔ nye dzi kple luʋɔ tsi tre ɖe aɖaŋuɖoɖo mawo dzadzra ɖe ga ta ŋu.

Gake egbea Aƒetɔ J. M. Reinecke, si le nye susuwo kple nye nyagbɔgblɔwo zãm nyuie la, bia be woaxe fe si nye dɔlar 5 be yeatsɔ afia amewo alesi woaɖu nui dzɔdzɔmenuɖuɖuwo! Nyateƒee, esiae nye nyabiasea ƒe akpa si ɖea fu na ame wu.

Aƒetɔ Reinecke ƒe nyati eveawo me nya aɖewoe nye esi:

MÍANA MÍAGBƆ

February, 1965, ƒe 1965

NUÐUÐU SIWO WOÐO LE NUÐUÐU GBƆGBƆ ME SI JOHN MARTIN REINECKE ŊLƆ

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GOMENƆAMESIWO KAtã LE AGBALẼLA LA SI

 Le nyati siwo kplɔ wo nɔewo ɖo fifia me la, agbalẽŋlɔla la gblɔ eƒe susuwo si wotu ɖe ame ŋutɔ ƒe dodokpɔwo dzi, tsɔ kpe ɖe nuteƒekpɔkpɔ gbogbo siwo wòkpɔ esime wònɔ ame siwo le yame ƒe nɔnɔme vovovowo dome henɔ nu srɔ̃m tso wo ŋu — woƒe nuɖuɖu siwo nye nuɖuɖu ƒuƒu kple atikutsetse siwo naa lãmesẽ. — Ed.

Ele be nuɖuɖu ƒuƒu koe nanye nunyiame si amegbetɔ aɖu. Nuɖuɖu si woɖa ɖuɖu nye numame si mele dzɔdzɔme nu o si wòle be woaɖe ɖa le xexe sia me nenye be lãmesẽ deblibo nasu ame si. Ele be lãmenugbagbevi gbagbewo koe nanye amegbetɔ ƒe nunyiame, elabena nuɖuɖu si woɖa koŋue hea amegbetɔ ƒe dɔlélewo katã vɛ. Nuɖuɖu ƒuƒu ɖuɖu ɖea ameƒomea tso dɔléle ɖesiaɖe me eye wònaa amegbetɔ ƒe agbenɔƒe didi va ɖoa ƒe 140 alo esi wu nenema.

Enye nuvlowɔwɔ vɔ̃ɖitɔ kekeake be woana ɖevi si wodzi yeyee nazu numame na nuɖuɖu si woɖa, elabena afisiae eƒe kuxiwo katã dzea egɔme (Kpɔ nye "Raw-Eating" ƒe tata gbãtɔ ƒe akpa dzi). Ele be nugbagbeŋutinunyalawo naɖo kpe edzi be dzɔdzɔme wɔ vodada esi metsɔ nuɖuɖu siwo woɖa la na mí o. (Tata gbãtɔ, axa 32). Vidzĩ si sɔ la nyɔa ŋu nuɖuɖu siwo woɖa ƒe vivi, eye wòdzena abe nuɖuɖu si woɖa ƒe numame na koe wòvivina ene, abe alesi opium dzena na atikevɔ̃ɖizãla ene. (Tata gbãtɔ, axa 33). Dzodoƒe ƒe dzo fiã eye wògblẽa nuɖuɖu nyui siwo womeɖa o ƒe asixɔxɔ ƒe alafa memama 90 dome. (Nye tata gbãtɔ ƒe akpa dzi).

Afɔfiɛ, 1965 :

Ne míekpɔe gbã la, edze abe manya wɔ be míate ŋu aɖe mía ɖokui tso dɔléle ɖesiaɖe kloe me to dzɔdzɔmenuɖuɖu ƒuƒu ɖuɖu ko me o ene. Gake nyateƒea enye be "nusi dzi womate ŋu axɔ ase o" va zua nu ŋutɔŋutɔ si wowɔ bɔbɔe... (Tata gbãtɔ, axa 45).

Ele be wòanye nugbagbeŋutinunyalawo kple ɖɔktawo ƒe dɔ be woade dzi ƒo na amewo be woaɖu dzɔdzɔmenuawo; menye be woama nunyiame siwo le nuɖuɖuwo me la dome o, ke boŋ be woaɖu wo bliboe kloe alesi woate ŋui ɣesiaɣi le woƒe agbɔsɔsɔ si da sɔ le dzɔdzɔme nu kple woƒe nɔnɔme si le agbe, si me womewɔa naneke le o me. Mele be ɖɔktawo kple nugbagbeŋutinunyalawo naƒo nu tso viɖe si le vovototodedeameme ŋu gbeɖe

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nunyiame ɖekaɖekawo, gake ele be wòate gbe ɖe alesi nuɖuɖu ƒuƒu blibowo hiã vevie dzi.

KPEKPEĐENŊU Kpuie

Le nyateƒe me la, woate ŋu aƒo nunyiame ŋuti dzɔdzɔmeŋutinunya bliboa nu ƒu kpuie le nya vevi eve me eye wòana ameƒomea katã tsi dzi ɖe eŋu:

1.Ele be amegbetɔ ƒe nunyiame nanye lãmenugbagbevi xoxo gbagbewo ko. Nuɖuɖu mawo siwo me lãmenugbagbevi gbagbewo le koe nɔnɔme siwo katã hiã be woatsɔ akpɔ amegbetɔ ƒe nugbagbevi ƒe didiwo gbɔ.

2.Amagbe ŋutilã siwo bɔ kple esiwo wotia siaa le dzɔdzɔme nu. Amagbewo ƒe ŋutilã siwo de blibo wu eye wokpɔa nunyiame geɖe wue nye atikutsetse ƒomevi siwo nyo wu, amagbe damawo, nukuwo, nukuwo kple kewo.

Kpuie ko la, lãmesẽ deblibo nɔa amegbetɔ si ne nuɖuɖu ƒuƒu ɖeɖekoe wòɖuna; edze dɔ ale gbegbe be wòɖua nuɖuɖu siwo woɖa; eye wòkuna ne nuɖuɖu ma tɔgbe ɖeɖeko dzie wònɔa agbe ɖo. (Tata gbãtɔ, axa 24).

Magazinea ƒe Nuŋlɔla ƒe nyataƒonya:

Le dɔwo ƒe nyaƒoɖeamenu ta la, manya wɔ na Aƒetɔ. Reinecke be wòaɖo lɛtawo ŋu. Ne exɔ dɔlar 5 la, aɖo eya ŋutɔ ƒe gbesiagbe nuɖuɖu ƒuƒu ƒe mɔfiamegbalẽ kple United States kple Tropics ƒe nuɖaɖa ŋuti mɔfiame blibowo ɖe wò. Esiawo mele agbalẽ me o. Ðo ɖe... - Ed.

Míete gbe ɖe nyateƒe si wònye be atikutsetsewo, amagbewo kple nukuwo katã nye nuɖuɖu deblibo siwo ƒe nyonyome de ŋgɔ wu, siwo ƒe nunyiame sɔ kloe la dzi zi gbɔ zi geɖe. Eyata "menu-mɔfiamewo" kple nuɖaɖa siwo katã wowɔna na nunyiame ƒuƒu la meɖea vi aɖeke le dzɔdzɔmeŋutinunya alo nunyiame me o. Ame si menya naneke o wu gõ hã ate ŋu ato eya ŋutɔ ƒe nuɖuɖu ŋuti ɖoɖo vɛ, si eƒe nuɖuɖudzroame kple eƒe vivisese ƒe sededewo afia mɔe.

Esi mexɔ Magazinea ƒe February ƒe tata la, meŋlɔ lɛta na Nuŋlɔla, Aƒetɔ Kay K. Thomas, eye mexɔe se be adzɔ dzi nɛ be yeakpɔ nye gomenɔamesiwo ta le etsɔme:

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Afɔfiɛ 21, 1965. Eƒe dukɔ nye [...]:

Aƒetɔ Kay K. Thomas, si le 1133 N. Vermont Mɔdodo dzi, Los Angeles, Calif.

Amega lɔlɔ̃a,

Ewɔ nuku ŋutɔ be mexlẽ le February ƒe xexlẽdzesi si nye "Let's Live" me nyati aɖe si Aƒetɔ John Martin Reinecke ŋlɔ si ƒe tanyae nye "Adventures in Raw Foods", afisi agbalẽŋlɔla la gbugbɔ nya ɖe nya nu tso nyagbɔgblɔ siwo le nye agbalẽa ƒe akpa dzi, . "Raw-Eating", eye wòɖe wo fia abe eya ŋutɔ ƒe emenyawo ene. Taflatse miɖɔ nugɔmemasemase sia ɖo le miaƒe tata si gbɔna me eye miaɖe afɔ aɖewo atsɔ axe mɔ ɖe nudzɔdzɔ ma tɔgbe nu le etsɔme.

Arshavir Ter Hovannessian ƒe amegã

Nublanuitɔe la, le abe ɣleti ɖeka ene megbe la, mexɔ ŋuɖoɖo si gbɔna si medze ŋunye o, si me wodze agbagba ɖesiaɖe be woatsɔ ɣie awɔ Aƒetɔ. Reinecke ƒe agbalẽŋɔŋlɔ ƒe anukwaremaɖimaɖi:

Dzove 12, 1965. Eƒe dukɔ nye [...]:

Arshavir Ter-Hovannessian Kakh Mɔdodo 21, Peshan Mɔdodo dzi, Tehran, Persia.

Amega lɔlɔ̃a:

Ku ɖe miaƒe lɛta si mieŋlɔ le April 21 lia dzi ŋu la, míeŋlɔ agbalẽ na Aƒetɔ John Martin Reinecke na numeɖeɖe eye esiae nye nusi wòɖo aɖaŋu na mí;

`Melé ŋku ɖe nye nyatia ƒe akpa si le February me ŋu eye mekpɔe be le teƒe aɖeke la, nyemewɔ Aƒetɔ Ter Hovannessian ƒe nyagbɔgblɔwo ƒe akpa aɖeke ƒe kɔpi nya ɖe nya nu o. Nya siwo katã megblɔ tso nuɖuɖu ƒuƒuwo ŋu la nye nye ŋutɔ nye susuwo kple nya siwo meƒo ƒu tso ƒe 25 ƒe nuteƒekpɔkpɔ kple nusɔsrɔ̃ si meƒo ƒu me. Ne megblɔ nya aɖewo siwo sɔ kple etɔ la, ekema edzɔ le vome ko eye menye ɖe woɖoe koŋ gblɔe o.

`Mesusu be nuɖuɖu ƒuƒu gbalẽ siwo woƒo ƒu bliboe wu le dukɔa me la dometɔ ɖeka le asinye, eye le wo dome la, mekpɔ eƒe agbalẽvi sue la ƒe kɔpi.

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Ne ɖe meɖe kɔpi tso eme la, anye ne metsɔ kafukafua nɛ. Meɖo ŋku edzi be xɔ̃nye aɖee tsɔ eƒe agbalẽvi la nam abe ƒe ɖeka ene enye sia; eye be meɖo dɔlar 10 ɖe Aƒetɔ Ter-Hovannessian be wòaɖo agbalẽvi bubu aɖewo ɖem na xɔ̃nyewo. Anɔ abe ɣleti ɖeka enye sia ene. Vaseɖe fifia la, nyemese nya aɖeke tso Aƒetɔ Ter Hovannessian alo ga la gbɔ o. Ne medi be yeaɖo yeƒe agbalẽviawo ɖem o la, ekema ele be wòatrɔ nye ga la ana, elabena ameŋububu kple nyui si le nuɖuɖu ƒuƒu siwo xɔ nye agbe ƒe 25 enye sia ƒe viɖewo kaka me koe megblɔ.'

(de asi ete) John Martin Reinecke "Le nɔnɔmeawo me kple le nukpɔsusu le Aƒetɔ Reinecke ƒe nya siwo wògblɔ be yemetsɔ nyagbɔgblɔ siwo le miaƒe agbalẽ, "Raw-Eating" ƒe akpa dzi la sɔ o, míewɔe be ao ɖɔɖɔɖo le LET'S LIVE Magazine me.

(wode asi ete) KAY THOMAS, Nuŋlɔla-Agbalẽtaƒe.

Le nyaʋiʋli siawo siwo me mekɔ tututu o ŋuɖoɖo me la, meɖo lɛta si gbɔna ɖa:

Dzove 27, 1965. Eƒe dukɔ nye [...]:

Aƒetɔ Kay Thomas, Nuŋlɔla kple Gbeƒãɖela. Amega lɔlɔ̃a:

Evem be mana mi be nyemebu miaƒe May 12 ƒe ŋuɖoɖo na nye April 21 ƒe lɛta be edze ŋunye o.

Mebu fɔ miaƒe magazinea ɖe Aƒetɔ Reinecke ƒe nye susuwo kple nyagbɔgblɔwo zazã le mɔ gbegblẽ nu ta eye gome le asinye be mabia dzidzeme.

Èdzea agbagba be yeaɖee afia be Aƒetɔ Reinecke, amesi... yi edzi le nye susuwo dzram ɖe dɔlar atɔ̃ nu. Nye dɔa koŋue nye gaxɔgbalẽvi mawo tɔgbe xɔxɔ.

Le $10.00, si Aƒetɔ Reinecke gblɔ be yeɖo ɖee gome la me kple agbalẽwo ƒe nudɔdɔ, evem be magblɔ be nyemexɔ ga alo lɛta aɖeke tso egbɔ o.

ATERHOV ƒe agbalẽa

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Lɛtaŋɔŋlɔ sia wu enu esime Aƒenɔ Bulbeck nyo dɔme nam ale gbegbe be wòdo "Mina Míanɔ Agbe" Magazine ƒe April xexlẽdzesi dem, si me abe alesi wodee fia le etame ene la, agbalẽŋɔŋlɔ ƒe anukwaremadimadi ƒe kpɔdeŋu siwo dze ƒã wu gɔ̃ hã le. Megblẽe de nuxlẽla si be wòatso nya me nenye be "nu siwo di wo nɔewo" le nye nuŋɔŋlɔ kple Aƒetɔ Reinecke ƒe nyatiwo dome la nye nusiwo dzɔ le vome alo wodoe koŋ wɔe.

Nuŋlɔla mate ŋu aʋuʋu agbanɔamedzi le eƒe abɔta o, elabena enya nye agbalẽ si me woto xoxo le eƒe magazine me ɣleti gede do ŋgɔ la nyuie, evɔ Aƒetɔ.

Đeko Reinecke gagblẽa nyaa de edzi to taflatsɛdodo kple ameŋugblẽnyawo gbɔgblɔ si ŋu kpeɖodzi mele o me.

Le dɔlar ewo siwo wògblɔ be yedo dem ƒe nyabiase si mehiã boo o gome la, mebia le dutoƒo be manya gadzradoƒea ƒe ŋkɔ alo mɔ si dzi wogblɔ be eto do ga la dem, si ŋu nyatakaka adeke mele nam o.

Ele be woatutu nududu tɔxɛwo ŋuti adaŋudodowo katã da keŋkeŋ adzɔge tso anyigba ƒe gogloƒe. Ele be ameƒomea nakpɔe adze sii kɔte be NUÐUÐU SI WOÐE MENA NUÐEÐEŊU AÐEKAKE O eye be AMEGBETƆ MENYE AMEGBETƆMƆLÕ O. Le esia godo la, NA AME ÐEKA NA NU NUSI WÒDI KPLEE LE NUSI WÒDI ME. Esia nye ame dekadekawo ƒe vivisese ƒe nya bliboe.

Míaƒe "nududuŋutinunyalawo" tɔtɔ amewo ƒe ahɔhõ kple nudada kple nududu ƒe xexlẽdzesi didiwo ale gbegbe, ale gbegbe be ame gede susuna be nye hã menye "eŋutinunyalawo" ƒe nɔviwo ƒe habɔbɔ ma me tɔ, eye le esia ta woŋlɔa agbalẽ nam zi gede be yewoabia be woawɔ dodo de nududu ŋu dzɔdzɔmenududu. Le afisia la, medi be mawɔ mɔnukpɔkpɔa ŋudɔ atsɔ ado nya ŋu na wo katã le ƒuƒoƒo me.

Tso fifia dzi la, mele be nududu ŋuti dodo tɔxɛ adeke nanɔ anyi o, . kafukafu alo dodowɔdiwo na ame sia ame. Ele be amegbetɔ nadu nusianu si wòdi, ɣesiaɣi si wòate ŋui kple alesi eƒe nudududzroame biae, abe alesi nu gbagbe bubuwo katã bia ene, tso anyidi dzi va do sɔ dzi Gake zi gede la, ele be lã bubuwo nadi ƒo kple nusiwo woate ŋui bɔbɔe si li na wo; Tsɔ clover, gbe, .

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togbɛwo, atiwo ƒe aŋgbawo kple gbedadaƒo ŋu siwo me nukuwo, nukuwo, amagbewo kple atikutsetsewo le.

Ame si ɖua nu ƒuƒu ate ŋu aɖu nu zi ɖeka gbesiagbe alo zi ewo gbesiagbe; ate ŋu aɖu nu le atikutsetse ƒomevi ɖeka alo ƒomevi alafa ɖeka dzi. Le lãmesẽnyawo gome la, vovototo aɖeke mele eme o, elabena amagbe ƒuƒu ƒe nuɖuɖu ɖesiaɖe si woɖu ɖe vovo la naa nunyiame blibo le eɖokui si. Ele be menye "dzɔdzɔmeŋutinunya" alo "nuɖuɖu" ƒe aɖaŋuɖoɖowo ƒe xexlẽdzesiwo nafia mɔ nuɖuɖu ɖula o, ke boŋ eƒe nuɖuɖudzroame kple aɖu ƒe didiwoe, siwo anye eƒe mɔfiala siwo mewɔa vodada o ɣesiaɣi le dzɔdzɔmenunyiamewo tiatia me. Mɔ si ŋu kakaɖedzi le wu, si le dedie wu eye wòle bɔbɔe wue nye be míaɖu míaƒe nuɖuɖu le nɔnɔme si me dzɔdzɔme dzrae ɖo hetsɔe ɖo ŋkume na mí me, to etutu ɖe míaƒe aɖu te ko me. Gake ne ɣeyiɣi kple ɖiɖiɖeme le ame aɖe si be wòaɖa sabala kple nuɖuɖu bubu siwo wotsaka la, ele be wòaɖu wo

le edzadzraɖo vɔ megbe teti la, ne menye nenema o la, le ɣeyiɣi aɖe megbe la, woakplɔ amegbetɔ ayi nuɖuɖuwo ƒe gbegblẽ yeyewo gbɔ.

Mele be amewo naxlẽ agbalẽ siwo ƒo nu tso dɔléle ɖekaɖekawo ƒe dzɔdzɔ, dɔlélewo didi, atikewɔwɔ, atikewo, vitaminwo, mineralwo, proteinwo, tsidada, elektrikŋusẽdɔdamɔnu kple nya bubu siwo sɔ kplii ŋu o, elabena dɔlélewo katã dzɔ tso nu ɖeka si gbɔ dɔlélewo tsona gbɔ eye mɔnu ɖeka koe le wo si .

Amagbeɖula geɖe, kple amesiwo meɖua amagbe o gɔ̃ hã, siwo dzea agbagba be yewoaɖu a atikutsetse ʋɛ aɖewo koe bua wo ɖokui be yewonye nuɖuɖu ƒuƒu ɖulawo. Gake ame aɖeke mate ŋu abu eɖokui be yenye nuɖuɖu ƒuƒu ɖula ne eɖu nu ƒuƒu ɖeka gɔ̃ hã ɣleti sia ɣleti o, elabena to mɔ ma dzi la, mate ŋu aɖe eɖokui ɖa keŋkeŋ tso dɔléle me gbeɖe o. Esia le alea elabena le nuɖuɖu ƒuƒu ƒe akpa gbãtɔwo me la, lãmenugbagbevi siwo ŋu dɔléle le ƒe xexlẽme aɖe ate ŋu adze anyi ɖe alɔ̃dɔdɔ ƒe nɔnɔme me eye woadidi woƒe anyinɔnɔ le nɔnɔme ma me ɣeyiɣi didi aɖe ŋutɔ. Emegbe nuɖuɖu ɖeka si woɖa le ɣletia me koe ate ŋu asu be wòagbɔ agbe wo eye wòana mɔnukpɔkpɔ wo be woagadzi ɖe edzi ake. Ne nuɖuɖu ƒuƒu ɖula nya xɔ nuɖuɖu si woɖa ƒe kakɛ aɖe ko la, kakaɖedzitɔe la, enaa nunyiame yeye lãmenugbagbevi mawo siwo ŋu dɔléle le eye wònana wogakpɔa agbe yeye. Eyata ne ame aɖe mete ŋu ɖe eɖokui tso dɔlélewo ƒe fuwɔame me keŋkeŋ o la, ele be wòaɖe eɖokui ɖa

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di nusi gbɔ wòtso le dzidada mawo siwo wowɔna ɣeaɖewoɣi me eye menye le akpa bubu aɖeke me o. Womate ŋu anye nusi woatsɔ aɖo kpe edzi kura be woaxe fe mawo o.

Nyaʋiʋli siwo ŋu kpeɖodzi mele o wu siwo tsi tre ɖe nuɖuɖu ƒuƒu bliboe ŋu dometɔ ɖekae nye . si ɖoa gbɔnye ɣeaɖewoɣi tso dzieheduk ɔ aɖewo me eye vevietɔ tso England lae nye yame ƒe nɔnɔme ƒe vovototo. Zi alesi amegbetɔ te ŋu ke ɖe nuku ƒuƒu asiʋlo ɖeka ŋu ko la, womate ŋu ake ɖi dzɔdzɔmenunyiame ƒe hiahiã le dukɔ aɖeke me o. Gakpe ɖe eŋu la, le nyateƒe si wònye be nuɖuɖu siwo woɖa menaa nunyiame suetɔ kekeake amegbetɔ ƒe nugbagbe o ta la, ele be nuɖuɖu nasɔ gbɔ le xexeame ƒe nutoawo katã me ne amewo te ŋu na nunyiame wo ɖokui eye wolé agbe ɖe te. Ne míeɖe nuɖuɖu siwo woɖa ɖa le míaƒe nuɖuɖu me la, míeɖea nunyiame si le míaƒe nunyiame me dzi kpɔtɔna o; ke boŋ míeɖea mía ɖokui ɖa tso nu siwo me aɖi le eye wogblẽa nu le ame ŋu la me. Ame si se vivi na nuɖuɖu ƒuƒu ƒe viɖewo ƒe geɖe koe ate ŋu akpɔ ŋudzedze ɖe nyateƒenya siawo ƒe gɔmesese bliboa ŋu. "Dzɔdzɔmeŋutinunya" ƒe nukpɔsusu mawo katã siwo dzi nugbagbeŋutinunyalawo tona dzea agbagba be yewoatsɔ atsi tre ɖi na nuɖuɖu siwo woɖa abe nunyiame ene la nye nususugblɔ siwo ŋu kpeɖodzi mele o kple alakpanya dzodzrowo.

Abe alesi nuwo le ene la, le ɣeyiɣi sia tututu me la, dukɔ aɖewo li afisi amewo le fu kpem le nuɖuɖu ƒe "hiãka" ta eye wole dɔwuame ƒe ŋɔdzidoname me ɣesiaɣi, esime dziɖuɖua ƒe gbeƒãɖeɖe koe hiã be woawɔ nukunu si wole mɔ kpɔm na ɣeyiɣi didi aɖee nye sia si nye be woatsɔ nu geɖe ava xexeame. Nublanuitɔe la, gbeƒãɖeɖe bɔbɔe sia si me kɔ be NUÐEÐE GBƆA DZƆDZƆMENUÐUÐUWO HETRƆA WO WƆNA NU SIWO GBLẼ NU ME medze le afi aɖeke o, togbɔ be le ƒe 1963 me xoxo la, metsɔ nyateƒenya sia si ŋu womate ŋu aʋli nya le o la va dziɖuɖumegã xɔŋkɔwo kple dzɔdzɔmeŋutinunyalawo katã ƒe susu gbɔ le xexeame. Esia nye alesi ameƒomea nyrɔ eɖokui ɖe manyamanya, nazãbubu, aʋatsodzixɔsewo kple numame nyɔŋuwo me vevie egbea la fia wòwɔ nuku ŋutɔ. Nyawo abe dekɔnuwo kple ŋgɔyiyi ene ɖina manyatalenu ne wozã wo ɖe amesiwo togbɔ be wogblɔ nya kple nya siwo katã woŋlɔ hã la, wogbea lɔlɔ̃ ɖe edzi kokoko be nuɖaɖa nye dɔwɔwɔ si mele dzɔdzɔme nu o eye wògblẽa nu le ame ŋu.

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Wogblɔna be nugbagbeŋutinunyalawo wɔ ŋgɔyiyi wɔnukuwo le woƒe sidzedze me. Edze nam be zi alesi wole ŋgɔ yim la, zi nenemae wòle be woakpɔe adze sii be yewomenya naneke o. Eye ne woɖo afisi wolɔ̃ ɖe edzi faa be le dzɔdzɔme nunya vavãtɔ nu la, yewo ŋutɔ yewoƒe sidzedze menye nu sue aɖe ko o la, woate ŋu alɔ̃ ɖe edzi vavã be yewosrɔ̃ nane ŋutɔŋutɔ.

Menye nugbagbeŋutinunyala mawo siwo "ƒo wo ɖokui ɖe egbegbe sidzedze kple nusɔsrɔ̃ me" domee míedoa go blemafofo bubume siwo nɔ agbe vaseɖe ƒe 140 alo 150 o. Míedoa go ame mawo le adzɔge ʋĩ tso nusrɔ̃ƒe gãwo gbɔ, le dzɔdzɔme ƒe akɔnu, afisi woƒe akpa aɖe mekpɔa ŋusẽ le atikewo kple nuɖuɖu siwo gblẽ akpa ƒe nugbegblẽ le wo ŋu me o. Aleke gbegbe woƒe agbe anɔ didi wu eye wòanɔ lãmesẽ me enye si, ne woɖe wo ta le gbegblẽ ƒe akpa aɖe ma si me woƒe nuɖuɖu le fifia gɔ̃ hã. Nusi naa gome kple dzideƒom be matsɔ nya ɖe atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya ƒe nukpɔsusu ɖesiaɖe kloe si li fifia ŋue nye nyateƒe si wònye be NUÐUÐU ƑE NU GBƆGBƆ ƑE ALAFA 100 TSƆA DƆLÉLEWO KAtã NU KPƆKPƆ KPLE LE ɣEYIɣI ɣEYIɣI ME. Doe kpɔ, eye àka ɖe edzi.

Nyemele gbɔgblɔm wògbɔ eme o ne mebu ame mawo katã be wonye amewulawo kple nuvlowɔlawo, amesiwo to alakpanu aɖe alo bubu aɖe dzi xea mɔ na dɔnɔwo kple ame siwo mewɔa dɔ o le woƒe DZƆDZƆME NUÐUÐUWO — amagbe kple atikutsetse yeyewo — siwo nye MƆNU ÐEKA KO SIWO WƆA be woagbugbɔ woƒe lãmesẽ si bu la aɖo te . To woƒe manyamanya wɔnublanui la me la, "dzɔdzɔmeŋutinunyala bibi" mawo wɔa amewuwu gãwo wu alesi Attila alo Hitler wɔe kpɔ. Wotoa woƒe kafukafu bometsitsiwo dzi wua ame miliɔn geɖe, gbesiagbe, gbɔdzɔe alo gbɔɖeme aɖeke manɔmee. Nuvlowɔla mawo tɔgbe siwo menya nu o dometɔ aɖewoe nye atikewo, ahanono, atama, anyigba si ŋu wokɔ, abolo, lã, nu viviwo, sukli, tii, kɔfi kple nu bubu geɖe siwo gblẽa nu le ame ŋu abe esiawo ene wɔlawo kple wo mamalawo. Dɔwɔƒe ɖesiaɖe si wɔa nu mawo siwo mele dzɔdzɔme nu o, siwo gblẽ la gblẽa nu le ameƒomea ŋu wu

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Mele kuku ɖem na amegbetɔ ƒe kpekpeɖeŋunalawo katã be woawɔ nusi woate ŋui atsɔ akpe ɖe ŋunye makaka nyateƒenya siawo to nya si wogblɔna kple nye agbalẽwo dzi siaa.

Agbanɔamedzi tɔxɛ aɖe le lã ɖula mawo siwo ŋu woda gbe le tso woƒe dɔlélewo me la dzi be woatsɔ woƒe hayahaya ŋuti nyatakakawo ade nyadzɔdzɔŋlɔlawo kple dziɖuɖumegã siwo katã kpɔa wo dzi la si.

Mlɔeba la, enye nyadzɔdzɔŋlɔlawo ƒe dɔ sesẽ be woata nya mawo ƒe kpukpui ɖe woƒe nyadzɔdzɔgbalẽ ƒe sɔtiwo me, eye woabia be yewoanya nusita dziɖuɖumegãwo yi edzi le woƒe dɔmawɔmawɔ si nye kuviawɔwɔ me.

AKPA ETƆ̃LIA

Nusiwo RAW-EATING Ƒe Dzidzedzekpɔkpɔwo Wɔ

Nuxlẽla geɖe ŋlɔa lɛta nam be yewoabia nyam tso dzidzedze siwo wokpɔ to nuɖuɖu ƒuƒu me ŋu. Be maɖi kɔ na woƒe didi be yewoanya nu la, edzɔa dzi nam be mana nyatakaka aɖewo siwo sɔ wo.

Ƒe ɖeka le nye Armeniagbe ƒe babla gbãtɔ tata megbe dɔwɔwɔ le ƒe 1960 me la, meta agbalẽ kpui aɖe ɖe Persiagbe me, eye mema eƒe tata 4,000 femaxee ɖe dɔwɔƒe vovovowo, dziɖuɖumegãwo kple nyadzɔdzɔŋlɔlawo dome. Tehran ƒe nyadzɔdzɔgbalẽwo kple magazine siwo wotaa ɣeaɖewoɣi la xɔ agbalẽa nyuie eye wo dometɔ geɖe ŋlɔ numetoto didiwo tso nya ma ŋu.

Agbalẽa xɔ ŋkɔ ŋutɔ le Ʊɔnudrɔ̃ƒewo. The Fiavinyɔnu gã Shams Pahlavi srɔ̃, Aƒetɔ Mehrdad Pahlbod, si nye Dekɔnuwo ƒe Dɔdzikpɔla fifia, kpem be mava yeƒe nɔƒe eye wòna menya be Shah (fia MohamadReza Pahlavi) ƒe susue de bubu nye agbalẽa ŋu, amesi de se nɛ be wòagawɔ nu geɖe wu nyabiase siwo ku ɖe nyatia ŋu. Edzɔ dzi nam be maŋlɔ ɖi be mewɔ aɖaŋuɖoɖo ade alo adre emegbe kple Aƒetɔ Pahlbod. Dzata Dzĩ Kple ɣe Habɔbɔ ƒe Agbalẽŋlɔla Gãtɔ, Đɔkta Abbas Naficy, kple Khajenouri Vidzidzi Kɔdzi ƒe Dɔdzikpɔla, Đɔkta AbulGhasem Naficy,

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kple eŋutinunyala xɔŋkɔ bubu geɖewo kafu nye nukpɔsusuwo eye wodo ŋugbe nam be yewoawɔ nu aduadu kplim.

Wona mɔfiamewo be woahe ɖevi geɖe le tsyɔ̃eviwo dzikpɔƒewo dometɔ ɖeka to nuɖuɖu ƒuƒu me. Tsɔ kpe ɖe eŋu la, ele be woaxɔ gɔmeɖose siwo ku ɖe nuɖuɖu ƒuƒu ɖuɖu ŋu le dɔnɔ siwo le ɖeviawo ƒe kɔdziwo dometɔ ɖeka dada me kple le ŋkeke ɖeka ƒe vidzikpɔƒewo dometɔ ɖeka ƒe nunyiame ƒe ɖoɖoa ɖɔɖɔdo me. Nublanuitɔe la, le nuwɔna ŋutɔŋutɔ me la, medo go mɔxenu vovovowo.
Eteƒe medidi o meva do go ɖɔkta kple dziɖuɖumegã siwo bua nazã ƒe aʋakɔ gã aɖe, amesiwo wòle be matsɔ susu yeyeawo ayɔ wo me. Esia menye dɔ bɔbɔe aɖeke kura o. Wohe nya bliboa ɖe megbe ale gbegbe be ɖeɖi te ŋunye eye meɖe asi le agbagbadzedzea ŋu kple vevesese gã aɖe.

Dodokpɔ sia gawɔ nublanui wu, elabena melé ŋku ɖe alesi, le nunyiame si mele dzɔdzɔme nu o ta la, vidzĩ siwo le vidzikpɔƒewo ya gbɔdzɔ eye wole dɔ lém, evɔ le kɔdziwo la, woɖoa ŋu ɖe vitamin siwo wowɔ, atike siwo me aɖi le kple lãwo ƒe protein ŋu xɔ ɖevi mawo siwo gbɔdzɔ, siwo ƒe ŋutilã le ƒuƒlu, siwo esi dadaa ƒe notsi kple dzɔdzɔmenunyiamewo megale wo si o ta la, notsi ƒuƒu kple abolo ɣie nye woƒe nu vevitɔ la tso ku ƒe asi me. Mehiã be míagblɔ kpee o be womebu dzɔdzɔmenunyiame si me vodada aɖeke mele o ƒe hiahiã ŋu o.

Gake kadodo mawo, kpakple nye anyinɔnɔ le atikewɔlawo ƒe takpekpe geɖe me, fia nu vevi geɖem. Gbãtɔ kple vevitɔ la, mekpɔe be togbɔ be nukpɔsusu siwo metsɔ do ŋgɔe nye dzɔdzɔmese gbãtɔwo kple esiwo le bɔbɔe wu hã la, amesiwo ƒe sukudede deŋgɔwo sɔ kple ʊɔnudɔdrɔ̃ ƒe ablɔɖe kple susu ƒe ɖokuisinɔnɔ koe ɖua wo hexɔa wo ɖe wo ɖokui me. Ame si ƒe nunya mede ŋgɔ o mate ŋu asusui be ame tsɛ ate ŋu atrɔ asi le egbegbe atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya bliboa ŋu eye wòatɔtɔ nuɖuɖu ŋuti nukpɔsusu siwo li fifia le dzɔdzɔmeŋutinunya xexeame o.

Esia tae meɖoe be mata babla kpui aɖe ɖe Eŋlisigbe me eye tsɔe de dzɔdzɔmeŋutinunya kple dunyahehe ƒe habɔbɔ kɔkɔtɔwo ŋkume.
Esi meɖu kuxi sesẽ gã ŋutɔwo dzi ta la, mewɔ dɔ gaƒoƒo 16 gbesiagbe tsɔ ŋlɔ agbalẽa, eye le ema megbe la, mena woɖe egɔme ɖe Eŋlisigbe me hetae ɖe Eŋlisigbe me

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1963. Emegbe meɖe adrɛs 3,000 tso numekugbalẽ vovovowo me eye meɖo agbalẽa ƒe kɔpi siwo ade 4,000 kafukafu ɖe xexeame dziɖulawo katã, kple yunivɛsitiwo, dzɔdzɔmeŋutinunya dɔwɔƒewo, dukɔwo dome habɔbɔwo, kple nyadzɔdzɔgbalẽ xɔŋkɔwo kple magazine siwo wotaa ɣeaɖewoɣi. Le nyateƒe me la, mede asi agbalẽawo ƒe akpa gãtɔ te eye metsɔ lɛta kpe ɖe wo dometɔ ɖesiaɖe ŋu. Mebu esia be enye mɔnu si le kabakaba wu eye wòsɔ wu si dzi mato akaka nye susuwo le xexeame ƒe didime kple kekeme kat

Nusiwo do tso eme wu nye mɔkpɔkpɔ siwo me ʊu sina tona wu. Lɛta kple nyadzɔdzɔgbalẽ akpe geɖe siwo mexɔ le ɣleti ʊɛ siwo kplɔe ɖo me na ɖikeke aɖeke menɔ ŋunye be ame ŋkuta kple dziɖuɖumegã xɔŋkɔwo katã le nye agbalẽa xlẽm kple ɖetsɔleme o, eye wo dometɔ geɖe ɖo kpe nye nukpɔsusuwo ƒe nyateƒenyenye dzi heheɖemegbe manɔmee.

Le ƒe ʊɛ siwo va yi me la, menye ɖeko meɖe asi le nye hadomenuwɔnawo ŋu ko o, ke meɖe asi le nye ŋutɔ nye dɔwɔnawo hã ŋu keŋkeŋ be matsɔ ɖokuinye ana nye agbalẽwo zã kple keli. Ke hã ewɔ nuku be ame aɖewo li siwo susuna be medo gbe le nye sidzenuwo ŋu, le esi teƒe be maƒo kesinɔnuwo nu ƒu ahanɔ nye ɣeyiɣi didi aɖe ɖum, ano nu ahanɔ dzidzɔ kpɔm la, mezãa ga si katã medzra ɖo ɖe agbalẽ aɖewo tata ŋu ta ko , si memaa na amewo katã femaxee.

Gake le nye nukpɔsusu nu la, vivisese aɖeke mele agbe me si lolo wu dzidzeme si míekpɔna tso subɔsubɔ ɖokuitɔmadimaditɔe na mía havi amegbetɔwo me o. Amewo tua fiasãwo eye woƒe nukpɔkpɔ doa dzidzɔ na wo. Fifia, kafukafu, ŋudzedzekpɔkpɔ kple akpedada ƒe lɛta gbogbo siwo mexɔna gbesiagbe tso xexeame ƒe dzogoewo katã dzi la dometɔ ɖesiaɖe ƒe asixɔxɔ blibo le xɔ ŋu nam. Eye ne lɛtaa tso ame aɖe si woda gbe le tso dɔléle sesẽ aɖe me to nye aɖaŋuɖoɖo me eye wòbum be menye yeƒe xɔnametɔ gbɔ la, seɖoƒe alo seɖoƒe aɖeke meli na nye dzidzɔkpɔkpɔ o, si gadzi ɖe edzi wu le seselelãme si nye be nusiawo katã nɔ anyi ta wowɔe fetu aɖeke manɔmee.

Nye luʊɔ wɔa funyafunya zã kple keli ne mekpɔ amewo le tsɔtsrɔ̃m le afisiafi le nusi woyɔna be ku siwo womele mɔ kpɔm na o ta. Mekpɔe dze sii kɔte be ame mawo MEKUNA O; wowua WO Đokui bometsitsitɔe le agba si me womede dzɔdzɔmenuwo o kple esi wowɔ kple asi si yɔ fũu

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nuɖuɖu. Nye dzi ʊuna ne mekpɔ vidada aɖe si vɔvɔ̃ ɖo la le atikutsetse bubumetɔ kekeake xɔm le via maɖifɔa si eye wòtsɔ abolo, notsi kple lã si wua ame la de asi nɛ ɖe eteƒe.

Le nye Eŋlisigbe me agbalẽ gbãtɔ me la, meƒo nu tso wo katã kloe ŋu kpuie kuxi siwo sɔ. Le babla sia me la, medo nye nya siwo megblɔ va yi dometɔ aɖewo ɖe ŋgɔ eye meƒo nu tso nyabiase vevi geɖe ŋu wòdidi vie, si wɔe be amehawo katã se nyatia gɔme nyuie wu. Gake hafi mawu agbalẽa nu la, madi be mana nuxlẽla la nanya alesi woxɔ nye Eŋlisigbe me agbalẽ gbãtɔ, kpakple nye agbalẽ bubuawo hã.

Nye lɛta si meŋlɔ na dziɖulawo kple xexeame ƒe dziɖuɖumegã bubuwo ƒe kɔpi

Taflatse mide bubu ŋunye to nye agbalẽ si ƒe tanyae nye "Raw-Eating" ƒe kɔpi kafukafu xɔxɔ me. Mele mɔ kpɔm vevie be àkpɔe be anya wɔ be yeazã yeƒe gaƒoƒo xɔasi ʊɛ aɖewo atsɔ axlẽ agbalẽa.

Esi ameƒomea katã bu nuɖuɖu si woɖa be enye amegbetɔ ƒe nunyiame si sɔ ta la, eto tsɔtsrɔ̃ ƒe mɔ si wua ame la ŋkumaʊumaʊui.

Susu kple aɖaŋuɖoɖo siwo me woɖe le agbalẽa me la dzi xɔxɔ se anye viɖe gãtɔ kekeake na miaƒe dukɔa ƒe nyonyo.

Eƒe kɔpi ʊɛ aɖewo kple nya siwo woɖe tso ŋuɖoɖo siwo woxɔ me:

Lɛta si tso Aƒetɔ Amir Abbas Hoveyda, si nye Persia ƒe Dukplɔlagã gbɔ:

Tehran, 18th October, 1965. Eƒe dukɔ nye [United States of America].

Aƒetɔ A. T. Hovanessian, .

"Mexɔ wò lɛta kple agbalẽ si nèɖo ɖa kpe ɖe eŋu la."
Togbɔ be etena ɖe dzinye be le dɔwɔwɔ ƒe nyaƒoɖeamenu si gbɔ eme vaseɖe nyitsɔ laa ta la, nyemete ŋu kpɔ ɖiɖiɖeme si metsɔ xlẽ miaƒe agbalẽa o hã la, meda akpe na mi ŋutɔ be mietsɔe ɖo ŋkunyeme."

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(Ede asi ete) AMIR ABBAS HOVEYDA, Dukplɔlagã.

*** .

Amerikatɔwo ƒe Dudɔnunɔla ƒe Dɔwɔƒe, June 29, 1964.

Aƒetɔ Aterhov lɔlɔ̃tɔ:

Woxɔ wò lɛta si woŋlɔ le March 28, 1964 dzi, si nèŋlɔ na Dukplɔla Johnson le White House, kpakple wò agbalẽ, 'RAW-EATING' ƒe kɔpi si kpe ɖe eŋu.

Wode se na Dutanyanyuigblɔlawo ƒe Dɔwɔƒea be wòatsɔ Dukplɔla la tɔ ana mi ŋudzedzekpɔkpɔ ɖe wò ŋugbledede le mɔnukpɔkpɔ nanae be wòakpɔ wò agbalẽa ŋu.

WALTER G. RAMSAY, ƒe 1999 me.

Dɔwɔlawo ƒe Kpeɖeŋutɔ na Dutanyanyuigblɔla, Tehran.

*** .

Windsor Gbedoxɔ, 27th April, 1964. Eƒe dukɔ nye [United States of America].

Aƒetɔ Aterhov lɔlɔ̃tɔ, .

Fianyɔnua de se nam be mada akpe na wò ɖe wò lɛta si nèŋlɔ na The Wales Fiavi, kple agbalẽ si nèŋlɔ la ƒe kɔpi ta.

Eƒe Aƒetɔ bu be enyo ŋutɔ na wò ŋutɔ be yeaɖo agbalẽ sia ɖe ye viŋutsu, eye mele be maɖo Fianyɔnua ƒe akpedada tso dzime ɖa na wò.

MARY MORRISON, Windsor Mɔ̃ sesẽ, Aƒenɔ si le Lala, England.

*** .

Paris, 29 AVR, ƒe ɣleti gbãtɔ. Ƒe 1964 me

Monsieur, ƒe .

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Le Aʋafiagã de Gaulle ƒe agbalẽ si nye bien regu la plaquette que vous lui avez aimablement ƒe amesi woɖo.

Monsieur le Dukplɔla de la Republique m'a chargé de vous remercier de l'intention qui a gbɔgbɔmeʋaʋã cet anvoi.

(Ade asi ete) Agbalẽŋlɔla Particulier.

*** .

Moscow, June 21, 1964, ƒe 1964.

Aƒetɔ Aterhov lɔlɔ̃tɔ, .

Melɔ̃ ɖe edzi kple akpedada be mexɔ miaƒe agbalẽ si nye 'RAW FOOD NYEE NUÐUÐU ƑE GƆMESESE', si me meto kple ɖetsɔleme.

S. KURASHOV, Dukɔa ƒe Lãmesẽnyawo Gbɔkpɔha ƒe Dɔdzikpɔla, ussr.

*** .

Phnom-Penh, le 9 Janvier, ƒe 1965 me

Monsieur, ƒe .

Je vous remercie anukwareɖiɖi de votre envoi de I'ouvrage 'NUÐUÐU GBÃTƆ' dont vous etes l'auteur kple vous felicite kɔ les recherches kple les nuteƒekpɔkpɔwo que vous poursuivez sur l'alimentation.

Avec tous mes dzideƒonamewo je vous prie d'agreer, Monsieur, . l'kakaɖedzi de ma haute ŋugbledede.

NORODOM SIHANOUK UPAYUVAREACH, ƒe 1999 me.

Nuɖala si nye Etat du Cambodge.

*** .

Phnom-Penh, 11"' Afɔfiɛ, 1964.

Machine Translated by Google

Aƒetɔ Aterhov lɔlɔ̃tɔ, .

Mexɔ miaƒe agbalẽ wɔnuku si ƒe tanyae nye 'NUÐUÐU ƑE NUÐUÐU'. Agbalẽa ƒe ŋkɔ na medi vevie be manya nu tso emenyawo ŋu.

Esi meto agbalẽa me vɔ la, meka ɖe nyateƒenya siwo katã nèŋlɔ ɖe agbalẽa me dzi...

Agbalẽa xɔ asi nam ale gbegbe. Medzrae ɖo abe ŋkuɖodzinu si womaŋlɔ be akpɔ o ene tso gbɔwò.

Azɔ, mina mabia mɔ tso mia si be maɖe agbalẽ sia gɔme ɖe Cambodiagbe me ale be wòaɖe vi gãtɔ kekeake na nye dukɔa. Mele mɔ kpɔm be dzɔdzɔmeŋutinunya yeye si ŋu nèke ɖo yeyee la ana tɔtrɔ yeye nava ameƒomea katã ƒe agbetsitsi me.

CHUON NATH JOTANNANO, ƒe 1999 me.

Saɖagaxɔmenɔlawo ƒe Tatɔ Gãtɔ si le Cambodia.

*** .

Phnom-Penh, le 25 Juillet, ƒe 1964 me.

Monsieur, ƒe .

En accusant xɔxɔ de votre manuel `NUÐUÐU ƑE NUÐUÐU' que vous avez eu l'amabilite de me faire parvenir, j'ai l'honneur kple le plaisir de vous nyatakakaxɔla que ce livre m'a beaucoup ɖetsɔleme kple je vous en remercie vivement.

NORODOM KANTOL, ƒe 1999 me.

Le Dukplɔla si le Subɔsubɔhawo ƒe Aɖaŋuɖotakpekpe me, Royaume du Cambodge.

*** .

YEYE ƑE ƑOMEA, June 1, 1964.

Machine Translated by Google

Aƒetɔ Aterhov lɔlɔ̃tɔ, .

Akpe na wò be nèɖo wò agbalẽ si nèŋlɔ nyitsɔ laa la ɖem. Mele ŋku lém ɖe eŋu

do ŋgɔ na gaƒoƒo ʋɛ aɖewo femaxee esime mɔnukpɔkpɔ asu asinye maxlẽe le

nyatakaka aɖewo tsitotsito.

RICHARD W. REUTER, Dukplɔla ƒe Kpeɖeŋutɔ Tɔxɛ kple Dɔdzikpɔla, Nuɖuɖu Na Ŋutifafa, U.S.A

*** .

Luxembourg, May 13, 1964, ƒe dzi.

Amega lɔlɔ̃a,

Woƒe Fiaɖuƒegãwo The Grand-Duchess kple The Hereditary, Grand-Duke of Luxembourg, di be malɔ̃ ɖe edzi be mexɔ miaƒe dɔmenyonyo ƒe lɛta si woŋlɔ le 23rd March 1964, si dzi mieto ɖo miaƒe agbalẽ si nye 'Raw-Eating' ɖe Wo.

Woƒe Fiaɖuƒemegãwo ƒe dzi kpɔkpɔ dɔmenyotɔe sia wɔ dɔ ɖe dzinye ŋutɔ eye wobia tso asinye be maɖo mi ɖa. Woƒe akpedada nyuitɔ kekeake. Woaxlẽ wò agbalẽa kple ɖetsɔleme gã aɖe.

Asrafomegã Germain FRANTZ, si nye Aide-de-Camp.

*** .

Taiwan, August 18, 1964, ƒe 1964.

Aƒetɔ Hovannessian lɔlɔ̃tɔ, .

Mexlẽ miaƒe lɛta si woŋlɔ le May 12 lia dzi kpe ɖe...
agbalẽ si wotsɔ kpe ɖe eŋu le `Raw- Eating' ŋu. Enye kafukafu si dea ŋugble ŋutɔ si nèɖo na ameƒomea katã, eye mesusu be edze be amesiwo tsia dzi ɖe mía ŋutɔwo kple dzidzime siwo gbɔna ƒe lãmesẽ ŋu nalé ŋku ɖe eŋu nyuie. Taflatse xɔ nye akpedada anukwaretɔe ɖe miaƒe ŋugbledede le babla sia ɖoɖo ɖem ta.

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CHEN CHENG, si nye China Dukɔa ƒe Dukplɔlagã.

*** .

Teheran, le 18 Dzove, 1964. Eƒe dukɔ nye [United States of America].

Cher Monsieur, ƒe 1999 me.

L'Ambassade de la RSF de Yougoslavie a l'honneur de vous nyatakakaxɔla d'avoir recu une lettre du Agbalẽŋlɔƒe Gãtɔ de la Dukplɔla de la RSF de Yougoslavie par laquelle est confirmee la xɔxɔ du livre RAW-EATING' dont vous avez eut l'. amabilite d'envoyer au Dukplɔla Tito.

Le Agbalẽŋlɔƒe Gãtɔ vous remercie cordialement, au nom du Dukplɔla Tito, kɔ votre taɖodzinu amedɔdɔ.

VLADIMIR MILOVANOVIC, Adaŋuɖola.

*** .

Ʋuɖoɖoxɔ, London, 29th April, 1964. Eƒe dukɔ nye [United States of America].

Aƒetɔ Hovannessian lɔlɔ̃tɔ, .

Enye dɔmenyonyo ŋutɔ na wò be nèɖo wò agbalẽ si nye `RAW-EATING' ƒe kɔpi kafukafu ɖem, mawɔ mɔnukpɔkpɔ gbãtɔ ŋudɔ atsɔ asrɔ̃ nuɖuɖu ŋuti gɔmeɖose siwo nèdo ɖa.

AL WILLIAMS, Agbalẽŋlɔla Gãtɔ, .

DƆWƆLAWO ƑE ƑUƑOƑOA

*** .

Washington, May 15, 1964, ƒe dzi.

Aƒetɔ Aterhov lɔlɔ̃tɔ, .

Machine Translated by Google

Akpe na mi ɖe miaƒe agbalẽ si nye Raw-Eating', si mexɔ nyitsɔ laa la ƒe kɔpi ta. Wode dzesi emenyawo, eye mekpɔ ŋudzedze ɖe ale si nèbu eŋu nyuie le eɖoɖo ɖa me ŋu.

JOHN M. BAILEY, Zimenɔla, DEMOKRATIWO ƑE DUKOWO ƑE KƆMITI.

*** .

Berne, Dzove 26 lia, 1964. Eƒe dukɔ nye [United States of America].

Amega,

Míelɔ̃ ɖe edzi be míexɔ wò agbalẽvi si ƒe tanyae nye:

Raw-Eating (numekuku si wowɔ le afisiafi). Ele be amesiame nade dzesi eƒe ŋutilã ƒe nu veviwo,' si míexlẽ kple ɖetsɔleme.
Le míaƒe kafukafunyawo me la, .

SWISS FEDERAL DUKOWO ƑE Lãmesẽnyawo Gbɔkpɔha, .

Nuɖuɖuwo Dzi Kpɔkpɔ ƒe Tatɔ, RUFFI.

*** .

Port-au-Prince, le July 16, 1964 dzi.

Aƒetɔ Aterhov lɔlɔ̃tɔ, .

Akpe geɖe na mi ɖe miaƒe agbalẽ si ƒe tanyae nye `Raw-Eating' ta. Woaxlẽ agbalẽ sia tso eƒe akpa dzi yi akpa dzi elabena ekpɔ kuxi aɖe si aɖe vi na nye dukɔ bliboa gbɔ.

Mele mɔ kpɔm be wò kafukafu si le agbalẽa me la awɔ ɖeka kple... nudidiwo na amesiame eye wòanye esi wodzra wu le ƒe sia me.

DƆWƆƑE DE LA SANTE DUTOƑE ET

DE LA AMEWO ƑE ƑOMEDODO, GERARD PHILIPPEAUX, AGBALẼDZRAÐOƑE ƑE DUKƆ,

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Dukɔa ƒe Dukɔmevinyenye.

*** .

Berlin, June 4, 1964, ƒe 1964.

Aƒetɔ Aterhov lɔlɔ̃tɔ, .

Germany Democratic Republic ƒe Dukplɔla, Walter Ulbricht, le eƒe akpedada gãtɔ kekeake gblɔm ɖe agbalẽvi si nèɖo ɖee la ta.

Abe alesi wònɔna ɖaa ene la, woate ŋu aɖe ɖeklemi wò nyawo tsitotsito — woƒe akpa gãtɔ kakaɖedzitɔe la, eƒo nusianu ta la, eŋutinunyala bibi la ƒe dzitsitsi: ɖɔkta, nunyiameŋutinunyala, kple bubuawo Ke hã, míelɔ̃ ɖe wò nya dzi bliboe be ele be woadze agbagba ɖesiaɖe be woahe nunyiame ƒe ɖoɖo nyui aɖe vɛ.

Germany Demokrasi Dukɔa ƒe Dziɖuɖu, kple vevietɔ Lãmesẽnyawo Gbɔkpɔha, léa ŋku ɖe biabia sia ŋu ŋutɔ. Be woate ŋu awɔ agbenɔnɔ si me lãmesẽ le la, woɖo kɔmiti aɖe le afisia nyitsɔ laa, si ƒe taɖodzinuwo dometɔ ɖekae nye be woana nunyiame ƒe gɔmeɖose nyuitɔwo naxɔ ŋkɔ.

HUTH, Aɖaŋuɖolagã, Dukɔa ƒe Dziɖuɖumegã.

*** .

La Habana, ƒe 1964 ƒe ɣleti 24.

Bu akɔnta be ɖɔkta:

Acuso recibo de su amable envio del libro `Nuɖuɖu ƒuƒu', gentileza que aprecio muy sinceramente y espero disfrutar de su lectura y recoger del mismo, las susuwo y orientaciones valiosas quesu nuteƒekpɔkpɔ en esta materia nos trasmite por intermedio de su lectura.

Ðɔkta JOSE R. MACHADO ' VENTURA, MINISTRO-DE SALUD ƑE DUTOƑE, Cuba.

*** .

Machine Translated by Google

La Paz (Bolivia), July 10, 1964, ƒe 1964.

Akpe geɖe na mi ɖe miaƒe agbalẽ si ƒo nu tso 'Nuɖuɖuƒuƒu' ŋu ƒe kɔpi si wotsɔ kafukafu na mi ta. Nyemexlẽe bliboe haɖe o, eye ta aɖewo koe meto. Susu siwo nèɖena fiana le wo me la ʋãa ame togbɔ be woʋlia nya le wo ŋu hã. Nyemeɖo nɔnɔme me haɖe be maƒo nu tso wo ŋu o, gake medi be mana mianya tso alesi woxɔ miaƒe agbalẽa kple ɖetsɔleme si wònyɔ ɖe ŋunye ŋu.

Ðɔkta GUILLERMO JAUREGUI G. Dukɔa ƒe Lãmesẽnyawo Gbɔkpɔha ƒe Dɔdzikpɔla.

*** .

Beograd, 20th Afɔfie, 1964. Eƒe dukɔ nye [United States of America].

Esia nye akpedada na mi be mieɖo miaƒe agbalẽ si ƒe tanyae nye 'RAW-EATING' ƒe kɔpi kafukafu ɖem, si anyɔ amesiwo tsia dzi ɖe nunyiame nyui ƒe kuxiwo ŋu la ƒe ɖetsɔleme gã aɖe godoo.

MOMA MARKOVICH ƒe agbalẽa .. Dukɔa ƒe Agbalẽŋlɔla si Kpɔa Lãmesẽ Kple Hadomegbenɔnɔ Ŋuti Ðoɖowo Gbɔ.

*** .

Woxɔ dzideƒo kple akpedada ƒe lɛtawo hã tso amenyenye siwo gbɔna me:

Netherlands Fianyɔnu; Denmark ƒe Fia la; ƒe Fia la Sweden; Belgium Fia la; Antonio Segni, si nye Italy Dukɔa ƒe Dukplɔla; Adolf Scharf, si nye Austria ƒe Dukplɔla; Fransico Orllch, si nye Costa Rica ƒe Dukplɔla; S. Radhakrishnan, si nye India ƒe Dukplɔla; de Lisle, si nye Australia ƒe Nutomedziɖulagã; Urho Kekkonen, si nye Finland ƒe Dukplɔla; Eamon de Valera, si nye Ireland ƒe Dukplɔla; P. Van de Calseyde, si nye Dɔdzikpɔlagã Xexeame ƒe Lãmesẽ Habɔbɔ ƒe Dɔdzikpɔla, Copenhagen, Denmark; Aƒenɔ la Marsh, si nye Dukɔa ƒe Lãmesẽnyawo Kple Nyonyo Ŋuti Dɔdzikpɔla, Canada; CH. Shapirah, si nye Ememenyawo Gbɔkpɔha ƒe Dɔdzikpɔla le Israel; Alfonso Ponce Archila, si nye Lãmesẽnyawo Gbɔkpɔha ƒe Dɔdzikpɔla le Guatemala; Abbebe Retta, si nye Dukɔa ƒe Lãmesẽnyawo Gbɔkpɔha ƒe Dɔdzikpɔla, Ethiopia; Yuichi Saito, si nye Kadododzikpɔlagã, Lãmesẽnyawo Gbɔkpɔha

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Dzɔdzɔenyenye, Tokyo; Shri Mohanlal Vyas, si nye Lãmesẽ Kple Dɔwɔnyawo Gbɔkpɔha, Gujarat, India; MacEntee, si nye Lãmesẽnyawo Gbɔkpɔha ƒe Dɔdzikpɔla, Ireland; Marga A. M Klompe, si nye Lãmesẽnyawo Gbɔkpɔha ƒe Dɔdzikpɔla le Netherlands; Giorgio Borg Olivier, si nye Malta ƒe Dukplɔlagã; Gudrun Sanz kple Elsie Waerndt, Nobel Habɔbɔ, Sweden; J. Grimond, si nye Liberal Party London ƒe Kplɔla; Pierre Werner, si nye Luxembourg ƒe Dukplɔlagã; Sean F Lemass, si nye Ireland ƒe Dukplɔlagã; Robert G. Menzies, si nye Australia ƒe Dukplɔlagã; Mehdi Nawaz Jung, si nye Gujarat, India, ƒe Nutomedziɖula; Maharaja Shri Jaya Chamaraja Wadiyar Bahadur, si nye Madras, India, ƒe Nutomedziɖula; S. K. Patil, si nye Nuɖuɖu Kple Agbledede Ŋuti Dɔdzikpɔla, India; PC Sen, si nye Ɣetoɖoƒe Bengal, India, ƒe Dudɔnunɔlagã; William Gopallawa, si nye Ceylon ƒe Nutomedziɖulagã; Lester Pearson, si nye Canada ƒe Dukplɔlagã; Sampurnanand, si nye Rajastan, India, ƒe Nutomedziɖula; Shri Partap Singh Kairon, si nye Punjab, India, ƒe Dudɔnunɔlagã; Robert Fraser, Television Dzikpɔƒe Ðokuisi, London: Aƒetɔ.

Sarnoff, Dukplɔla, Dukɔa ƒe Nyadzɔdzɔdɔwɔƒe, New York, kple bubuawo edzi...

Woɖo lɛtawo ɖe dukɔ geɖe gake abe alesi nède dzesii ene la, woɖo lɛtaawo dometɔ aɖewo ɖe dunyahela siwo le dukɔ siwo gbɔdzɔ wu siwo me dɔwuame kple ahedada kple kuxi bubuwo le wu le woƒe alakpa, afɔku kple ablɔɖe ƒe ɖoɖo siwo wowɔ ta, eyata ne wotrɔ woƒe mɔ eye woakpe ɖe woƒe amewo ŋu ekema woate ŋu azu dukɔ deŋgɔ si me kesinɔnuwo le eye ŋutifafa le. Raw Veganism nye nu vevi aɖe na wo ne wotrɔ woƒe mɔ.

Wota gbeƒãɖeɖe si gbɔna ɖe Vegan Society, Great Britain, ƒe dɔwɔƒe si dziɖuɖua da asi ɖo (September 1964) me: “Alesi viaŋutsuvi si xɔ ƒe 10 kple vianyɔnuvi si xɔ ƒe 14 bu nublanuitɔe to nusi wòva nya be enye nunyiame si mele dzɔdzɔme nu o ta, . na Arshavir Ter Hovannessian wɔ numekuku deto tso nuɖuɖu ŋu — emetsonua le ‘RAW-EATING’, agbalẽvi (7/2d) si míekpɔ dzidzɔ be míexɔ tso Tehran.

Le mɔ si ŋu kakaɖedzi le nu la, egblẽa míaƒe nukpɔsusu siwo katã kloe míesusu do ŋgɔ la dome ku ɖe nuɖuɖu ŋu, eye vegans gɔ̃ hã, kple woƒe nuɖuɖu siwo woɖa, ate ŋu ase le wo ɖokui me be yewoʋuʋu vie.

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Nya dzodzro aɖeke mele vitamin siwo wowɔ ŋu o eye ɖewohĩ le eƒe nuɖuɖu ƒuƒu me léle ɖe asi tẽ me la, ɖewohĩ eɖe mɔ si dzi wòto ƒo xlã vitamin B12 kple vitamin 'vevi' bubuwo ƒe bogey la fia.

Míate ŋu agblɔ eƒe nyaʋiʋliwo o, gake le vianyɔnuvi, si xɔ ƒe ade, gome Anahit, amesi meɖu nuɖuɖu si woɖa alo esi gblẽ ƒe kakɛ ɖeka pɛ hã le eƒe agbe me kpɔ o la nye kpeɖodzi ɖedzesi aɖe le nuɖuɖu si wòto vɛ ƒe dɔwɔwɔ ŋu, eye míeyɔe le afisia..."

Emegbe wotaa megbenya si wona le ƒea ƒe nuwuwu, le eƒe blibodede me agbalẽ, kpakple Anahit ƒe nɔnɔmetata.

*** .

Wilmslow, Afɔfiɛ 20 lia, 1964:

Akpe geɖe na mi ɖe miaƒe dɔmenyonyo ta le Raw-Eating' ƒe kɔpi ɖoɖo ɖe mi ta. Meka ɖe edzi be susua sɔ koŋ eye míenya nuɖuɖu ƒuƒu ƒe ɖɔɖɔɖo ƒe nɔnɔme gã siwo le nuɖuɖu ƒuƒu ɖuɖu me.

Ne èdi be yeaɖo ye vinyɔnu lɔlɔ̃a Anahit ƒe foto ɖem (abe alesi wòle megbekpa dzi ene), adzɔ dzi nam be matae ɖe THE BRITISH VEGETARIAN me le ƒe sia ƒe nuwuwu kpe ɖe megbenya si tso miaƒe agbalẽa me ŋu.

GEOFFREY L. RUDD, Agbalẽŋlɔla & Nuŋlɔla, THE VEGETARIAN SOCIETY

Geoffrey L. Rudd, Gadzraɖoƒegã, Wilmslow, Cheshire, England.

*** .

Malaga, May 28, 1965, ƒe ɣleti.

Xɔlɔ̃ Lɔlɔ̃tɔ, .

Taflatse miɖo miaƒe agbalẽ nyuitɔ kekeake si ƒo nu tso 'Raw-Eating' ŋu la ƒe kɔpi wuieve ɖe mí zi ɖeka. Míaɖo gaɖoɖo ɖa enumake ne míexɔ fetu, le ga si woagbugbɔ adzra nu. Míawɔ nuƒo tsaɖiɖi le England & Wales le Dada sia me, eye míakpɔ mɔ be míazã agbalẽa wòaɖe vi nyuie le afima.

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H. JAY DINSHAH, Dukplɔla, AMERIKA VEGAN HAƑOƑO, H.Jay Dinshah, Dukplɔla. Malaga, New Jersey, U.S.A

*** .

Đɔkta Bircher-Benner si megali o ƒe viŋutsu, Đɔkta Ralph Bircher, tsɔ a axa ade ƒe nyati vevitɔ le DER WENDEPUNKT, si nye saŋku si le Bircher-Benner ƒe Dɔdaƒe le Zurich (May, 1964), le tanya si nye "Alles-oder-nichts-Lehren fiber Ernahrung" (Nusianu alo Naneke-Nufiafia ƒe... Nunyiame), si woate ŋu aƒo nu tsoe kpuie teti ale:

"Le xexeame ƒe dzogoe vovovo eve dzi, eve tsi tre ɖe wo nɔewo ŋu keŋkeŋ." wodo nunyiame ŋuti nufiafiawo ɖe ŋgɔ. Le California la, dodokpɔwɔla aɖe si ŋkɔe nye Wirnitz to atike 48 siwo wotsɔ tsakae to nunyiame si mevivina o kloe vɛ. Etsɔa 'nuɖuɖu' sia si wowɔ kple asi wɔa dodokpɔwo le ame 18 siwo wobu fɔe ŋu eye, esi melala emetsonuwo o la, eɖea mɔkpɔkpɔa ɖe go na nyadzɔdzɔŋlɔlawo enumake kaba ŋutɔ." Esi wòƒo nu vie tso nusi woyɔna be dzɔdzɔmeŋutinunyala ma ƒe bometsitsiwo ŋu vɔ la, numetola la yi edzi ;Le go bubu me la, agbalẽ sue aɖe si ƒe nufiafia to vovo kura le nunyiame ŋu le míaƒe numetotokplɔ̃ dzi, si tsi tre ɖi na 'Nusianu alo Naneke' ƒe nukpɔsusu: Aterhov/ Raw-Eating.The publication is endowed with solid reasoning, is written in Eŋlisigbe me nya nyui aɖe ŋutɔ eye wònye Armeniagbe me babla gã eve ƒe kpukpui.

Ame aɖe kpɔa Aryana ƒe dekɔnu kɔkɔ xoxoa ƒe viŋutsu ƒe anyinɔnɔ le eme. Esi kakaɖedzi sue aɖeke mele eɖokui ŋu o... etsi tre ɖi na amagbewo ƒe nunyiame dzadzɛ be enye nuɖuɖu si le dzɔdzɔme nu wu eye wònye nuɖuɖu ɖeka kolia si sɔ na amegbetɔ, eye le míaƒe ɣeyiyi si me míedi be yeaɖe asi le nu ŋu me la, ewɔa esia kple blibodede yeye, si gbɔ amegbetɔ tɔ ŋu tẽ ale gbegbe be le nusianu si anya wɔ nu la, ewɔa esia axe fe atsɔ aɖe agbalẽ sue ma gɔme ɖe Germanygbe me."

Esi agbalẽŋlɔla la gbugbɔ ƒo nu tso nye nukpɔsusuwo ƒe nya veviwo ŋu ɖekaɖeka vɔ la, eƒo nu tso dzɔdzɔmeŋutinunya me nyateƒenya aɖewo siwo ƒo nu tso ŋunye;

"Ƒe blaene enye sia xoxo la, Walter Sommer bia eɖokui be nukatae Bircher-Benner meyi ŋgɔ alea gbegbe le eƒe nukpɔsusu me ale gbegbe be wògblɔ be nuɖuɖu ƒuƒu koe nye nunyiame na amegbetɔ o. Le Aterhov ƒe akpa dzi lae nye nyateƒe si wònye be le numekuku yeyetɔwo nu (Reader's Digest, January, Ƒe 1964)

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amegbetɔ nɔ agbe ɖe amagbe ƒuƒu ƒe nunyiame (si le dzadzɛ kloe) nu ŋutɔŋutɔ ƒe miliɔn ɖeka kple afã eye ame aɖe ate ŋu asusui be to esia me la, eɖo eƒe dzɔdzɔmetsitsi kɔkɔtɔ kekeake gbɔ. Nusiwo doa alɔ Aterhov enye alesi wokpɔe dze sii wòwɔ nuku be nunyiame kple vitaminwo meda sɔ o egbea, 'dɔwuame si wodo ŋusẽe', 'ɣeyiɣi si me wotsia anyi (Dammerungszone) le lãmesẽkuxiwo me', akpa si 'anyigba' wɔna le dɔléle siwo xɔa ame me, . ganya gã si le lãmenugbagbeviwo ƒe dɔwɔwɔ me le amagbe yeyewo ƒe nunyiame ɖuɖu me, amagbewo me protein ƒe nugbagbewo ƒe nyonyome, vevietɔ le nuɖuɖu ƒuƒu me, nunyiame ƒe blibonyenye, si mele be wòado dziku gbeɖe o, kple mɔkpɔkpɔ be nunyiame ma tɔgbe ava le nuɖuɖu ƒe hiahiã si le xexeame katã ta. " .

Le numetola la ƒe nya nu la, ŋutsuwo ʊuʊua asi le ati eve mawo siwo gbɔ eme dome. Le eƒe nukpɔsusu nu la, wosusui be asɔ be 'màgbɔ ɖe eme le titina gbeɖe o.' Eye wòɖo aɖaŋu na nuxlẽla be wòatsi tre ɖe Aterhov ŋu wu Wirnitz.

*** .

Ashingdon, Rochford, February 28, 1964, ƒe ɣleti 1964 dzi.

Amega lɔlɔ̃a,

Akpe na wò be nèkpɔ wò agbalẽ si nye Raw-Eating'. Ne ènya míaƒe xexlẽdzesiwo ƒe agbalẽwo me la, àkpɔe be míelɔ̃ ɖe wò gɔmeɖoanyi vevitɔ dzi tso dzi me. Míese veve ɖe wò nukpɔsusu nu bliboe eye godoo, le Adzɔha sia ƒe dɔwɔnawo ta la, míelɔ̃ ɖe nusiwo ŋu nèke ɖo dzi.

Alesi nèzãa nuɖuɖu na ɖeviwo ƒe nya la dzea mía ŋu. Ewɔa nu ŋutɔ nyui vavã. Enye nyateƒe ale gbegbe be ele be ɖevi suea naɖoe koŋ atrɔ eƒe dzɔdzɔmevivi le atikutsetse ƒuƒuwo ŋu atsɔ alɔ̃ nuɖuɖu siwo woɖa. Eye míekpɔ dzidzɔ ɖe ale si nèwɔ nu ɖe wò nyatia ŋu bliboe ŋu, elabena le axa 53 ƒe didime me la, ètsɔ nyaʊiʊli siwo katã da asi ɖe edzi la vɛ godoo, eɖanye le lãmesẽmenɔnɔ ƒe nukpɔsusu nu o, alo le dɔléle dzi ɖuɖu kple/alo mɔxexe ɖe enu, kple enono gome o le susu me be

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atikewɔwɔ kple ganyawo ƒe gɔmesese, eye wòka asi agbenyuinɔnɔ me tsonu si ado tso xexeame katã ŋu gɔ̃ hã.

...Nublanuitɔe la, amesiwo di be yewoanye dɔmenyolawo na ameƒomea mexɔa kafukafu kple (ŋutilã) teƒeɖoɖo bubuwo o negbe ɖe wowɔ dɔ to 'ɖoɖoa' dzi hafi. Ne menye nenema o la, nukae ame mate ŋu awɔ kple pounde akpe alafa geɖe siwo dzɔdzɔmeŋutinunyala siwo zi geɖe ŋutɔ ɖea ƒuƒlu le ɣeyiɣi aɖe megbe ko tsɔna naa 'numekuku' la ƒe akpa ewolia gɔ̃ hã o, ne emetsonuwo megblẽ nu ŋutɔŋutɔ o gɔ̃ hã.

CW DANIEL ƑE ADZRAÐOƑE ƑE ÐOÐO Ashingdon, Rochford, Essex, England.

*** .

Mexico, D. F. Afɔfiɛ 23, 1964. Eƒe dukɔ nye [United States of America].

Aƒetɔ Hovannessian lɔlɔ̃tɔ:

Ðeko míexɔ wò agbalẽ si nye RAW-EATING' teti koe nye ema eye le a glimpse, mekpɔe be edoa dzidzɔ na ame ŋutɔ eye be èle dɔ nyui aɖe wɔm ŋutɔŋutɔ le agbagba dzem be yeana amewo naxɔe ase be nu nyuitɔ kekeakee nye be nàdze dzɔdzɔmenuwo yome tɔtrɔ siwo me susu mele o siwo ameƒomea wɔ kplii manɔmee.

Ing. CARLCS PRIETO LOSANO ƒe agbalẽ. Dɔdzikpɔlagã. INTER - AMERIKA ƑE ASSN. DZADZƆDZƆMEŊUTINUNYA ƑE Mɔ̃ɖaŋudɔwɔƒe, Alfonso Herrera, 11-103, Mexico 4, DF

*** .

Xɔlɔ̃wo ƒe Aƒe, April 13, 1964.

Miaƒe agbalẽ si ku ɖe Raw-Eating' ŋu la va Xɔlɔ̃wo ƒe Subɔsubɔha ƒe Aɖaŋuɖoha eye metsɔ ɖe le eme be maxlẽe. Maɖoe ɖe Xɔlɔ̃wo ƒe Agbalẽdzraɖoƒe Amagbeɖuhabɔbɔ, afisi mele mɔ kpɔm be ate ŋu aɖe vi na ame bubuwo le. Akpe na mi ɖe dɔ nyui si miewɔ le miaƒe nuŋɔŋlɔ me kple le agbenɔnɔ le mɔ bɔbɔe sia nu kple dzɔdzɔmenuɖuɖu ƒuƒuawo ta. Edze nam be enye mɔkpɔkpɔ na xexeame ƒe nuɖuɖu kple ŋutifafa le anyigba dzi ƒe dzesi. Mexɔe se

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ele be wòana míase vivi na gbɔgbɔmekekeli geɖe wu. Fifia la, menye 'vegan' (amagbeɖula, nyemeɖua azi, notsi, anyitsi kple bubuawo o), eyata medea asixɔxɔ miaƒe aɖaŋuɖoɖowo ŋu, eye meda akpe be ame geɖe wu va le esia kpɔm be enye agbenɔnɔ ƒe mɔnu nyuitɔ. Habɔbɔ vovovowo li fifia, amegbetɔ ƒe kpekpeɖeŋunala siwo ɖua amagbewo kple ŋutifafalɔ̃lawo, eye ele be amesiawo nakpe ɖe xexeame ƒe ɖekawɔwɔ ŋu.

QUEENIE DAWE, Xɔlɔ̃wo ƒe Aƒe, Euston Rd. London, si le NWI

*** .

Israel, Dzove 22 lia, 1965. Eƒe dukɔ nye [United States of America].

Amega lɔlɔ̃a,

Ne míexlẽ wò agbalẽ si nye Raw-Eating' vɔ la, míadi be míaxlẽ wò agbalẽ bubuawo le Eŋlisigbe me... Ne ɖeko amewo abui ahase egɔme be yewoate ŋu anɔ lãmesẽ me ahakpɔ dzidzɔ wu gbeɖuɖɔ siwo katã wole tsɔtsɔm ɖe woƒe ŋutilã me manɔmee! Míaƒe ɣeyiɣia me nyagblɔɖilae nènye.

M. NEZAH, Dzɔdzɔmeŋusẽŋununya ƒe Đɔkta, Pres. Israel Dzɔdzɔmeŋutinunyalawo ƒe assn.
Nezah Domenyinu, Mishmar Hashiv'a, Israel.

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Amega lɔlɔ̃a:

Mexlẽ miaƒe agbalẽ si nye Raw-Eating' eye edzɔ dzi nam ŋutɔ. Edoa dzidzɔ na ame ŋutɔ le goawo katã me, elabena ele be woaɖu nuɖuɖua abe alesi dzɔdzɔme le ewɔm ene.

Wò nya veviwo sɔ kple esiwo melé ɖe te le nye agbalẽwo kple nuŋɔŋlɔwo me, ɣeyiɣi didi aɖee nye sia... Madi be maɖe egɔme ɖe Spaingbe me, ne èlɔ̃ ɖe susua dzi. Ne meɖe fu na wò o la, taflatse miɖo eƒe ɖe ɖem na ɖokuinye. Mele eƒe numetoto wɔm na Spaintɔwo ƒe magazine aɖe: Bionomia, si wota le Madrid, Spain...

A. Severon, si nye Dzɔdzɔmeŋusẽŋununya ƒe Đɔkta, Colunga, La Riera, Spain.

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*** .

Boston, July 5, 1966, ƒe 1966.

Míedo gbe na Aƒetɔ Aterhov:

Ne ètsɔe kpe ɖe eŋu la, àkpɔ dɔlar ewo ɖe wò agbalẽvi adre siwo ƒe tanyae nye Raw-Eating' ta. Esia ana dɔlar etɔ̃ nasusɔ be nàtsɔ axe ga si nàtsɔ aɖo wò nyatakaka No.1 geɖe ɖe amewo to posu dzi alesi nàte ŋui.

Míetsɔ ɖe le miaƒe nyatakaka No. 1 me ŋutɔ elabena enye míaƒe tameɖoɖo be míaɖo eƒe kɔpi ɖe ame gbogbo siwo ŋlɔa agbalẽ na mí ku ɖe woƒe lãmesẽkuxiwo ŋu la to posu dzi. Míesena le mía ɖokui me be anye yayra na ame geɖe.

Míakpɔ ŋudzedze ɖe eŋu ne ènа mɔ mí be míawɔ wò nyatakaka No. 1 lia ƒe kɔpi siwo wotsɔa nɔnɔmetata wɔe elabena le nyateƒe me la, míabu esia wɔwɔ ŋu wò mɔɖeɖe manɔmee o. Ne woɖe mɔ na mí la, míatsɔ nya ɖeka pɛ hã akpe ɖe eŋu alo aɖee le eme o. Míenye Habɔbɔ si mekpɔa viɖe aɖeke tso eme o eye míedi vevie be míakpe ɖe ameƒomea si le fu kpem ŋu be woatrɔ ayi lãmesẽ si dzɔdzɔme ɖo be míanɔ la gbɔ. Míeka ɖe edzi be didi ma ke ʋãa wò hã.

Mele mɔ kpɔm be, Aƒetɔ Aterhov lɔlɔ̃a, àtsɔ wò ŋutɔ wò susu ana esia eye nàna mase wò nyawo to yameʋuɖoɖo me ne esɔ na wò ko. Míakpɔ ŋudzedze ɖe eŋu ŋutɔ hã ne ètsɔ wò nyatakaka No. 1 ʋee aɖewo kpe ɖe wò yameʋuɖoɖo ƒe lɛta me."

Eɖola, THE RISING SUN, DUKOA ƑE ATIKƆMEŊUTINUNYA- LÃMESEĐEŊU ƑE NUMEKUKU ƑE GƆMEĐEĐE, INC.

Woɖoe le ƒe 1908 me abe «Numekuku Habɔbɔ» si Nicola Tesla, Thomas Edison kple Francis Richards wɔ. ANN WIGMORE, si nye DD

Dukplɔlagã, 25 Exeter St. Boston

*** .

Los Angeles, June 23, 1966, ƒe 1966.

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Nɔvinye lɔlɔ̃a:

Nyitsɔ laa la, miaƒe agbalẽ si nèŋlɔ aɖaŋutɔe eye wòna numekɔkɔ, si ƒe tanyae nye Raw-Eating' la va zu agbalẽŋlɔla la si, eye eƒe xexlẽ do dzidzɔ nɛ ŋutɔ. Edi be yeado dzidzɔ na wò tso dzi me ɖe nuƒo sia si wosrɔ̃ ta, eye evietɔ ɖe wò kpekpeɖeŋu dzinɔameƒotɔe kple alesi nèda asi ɖe nuɖuɖu siwo womeɖa o, siwo nye dzɔdzɔmenuɖuɖuwo ɖuɖu dzi ta.

Woda asi ɖe nuɖuɖu ƒe ɖoɖo sia dzi vevie ɣeyiɣi didi aɖee nye sia, le nyateƒe me la, ne eƒo eɖokui ɖe elektrikŋusẽ-magnetic atikewɔnuwo wɔwɔ me la, eŋlɔ nuɖuɖu geɖe na atikewɔlawo kple dɔnɔdzikpɔlawo anɔ ƒe 40 enye sia alo le ƒe 1926 me, si kafui be 'nu ƒuƒu' naxɔ aƒe ɖe eme. nuɖuɖu siwo le gbesiagbe nuɖuɖu me...

Agbalẽŋlɔla la wɔ numekuku didi aɖe hã le elektrikŋusẽ ƒe dodo kple keklẽŋusẽ ƒe akpawo me, eye emegbe le agbledede ƒe atikeŋutinunya ƒe nyati veviwo me, eye menye agbɔsɔsɔme ƒe nudidiwo koe wòlɔ ɖe eme o, ke boŋ nɔnɔme ƒe nudidiwo be woatsɔ akpɔ ameƒomea ƒe nuhiahiã dziŋɔ siwo li egbea gbɔ...

Hafi míayi ŋgɔ la, mina míabia nenye be wò va yi dometɔ aɖe woŋlɔ bablawo ɖe Eŋlisigbe mea? Wode dzesii be wota wo dometɔ ɖeka ɖe Armeniagbe me. Ne nenemae la, ke agbalẽŋlɔla la adi be yeasrɔ̃ nu nenema ke ale be yease wò amegbetɔ ƒe kpekpeɖeŋunadɔ si ŋu wodea bubui la gɔme bliboe.

Le numeɖeɖe me la, neva eme be woagblɔ be agbalẽŋlɔla la tsɔ eɖokui na ɣeyiɣi kple agbagbadzedze geɖe hafi woawu agbalẽ si me nyawo de to, si ku ɖe nuwuwu ŋu, si ƒe tanyae nye The Supersensible Rescue of Man', si ƒo nu tso nyati goglo aɖe ŋu vavã...

Hafi wòadzudzɔ missive sia la, ɖe agbalẽŋlɔla la ate ŋu agblɔ be wò agbalẽa nye nu vevi aɖe si nèwɔ na ameƒomea eye wòdze be woaxlẽe ahasrɔ̃e le afisiafia? Amegbetɔ do kpo akɔntabubu be numiemiewo ƒe agbenɔnɔ koe nye nuɖuɖudɔwɔƒe si naa dzidzeme ame, eye be lãa alo eya hã mate ŋu anɔ anyi numiemiea manɔmee o, be wòawɔ tomenu kple nu vevi siwo le lãmenugbagbeviwo ƒe nɔnɔme me ahatsɔ wo ana le nɔnɔme si me woate ŋu axɔe le me hena eƒe agbenɔnɔ. Edze abe egabua e

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'raw' abe nusi ŋu womekɔ o, ƒuƒlu, si mesɔ o eye medzra ɖo ɖe eƒe zazã alo vivisese ŋu o...

Abe alesi Ðɔkta gã Alexis Carrel ŋlɔ ƒe bla nanewoe nye sia ene la: 'Ŋutsuwo mate ŋu adze egbegbe dekɔnuwo yome le eƒe mɔ si li fifia nu o, elabena wole gbegblẽm ɖe edzi. Dzɔdzɔmeŋutinunya siwo ku ɖe nusiwo mewɔa dɔ o ƒe atsyɔ̃ɖoɖo wɔ dɔ ɖe wo dzi ŋutɔ. Womese egɔme be woƒe ŋutilã kple susu le dzɔdzɔmesewo te, siwo me mekɔ o wu, gake womate ŋu axe mɔ na wo abe, sidereal (astral) xexeame ƒe sewo ene o. Womese egɔme hã be yewomate ŋu ada se siawo dzi tohehe manɔmee o. Eyata ele be woasrɔ̃ xexeame katã ƒe ƒomedodo siwo hiã, wo hati amegbetɔwo, kple wo ɖokui ememetɔwo, kpakple woƒe lãkusiwo kple woƒe susu hã tɔ. Ne eva gblẽ la, ke dekɔnuwo ƒe atsyɔ̃ɖoɖo, kple xexeame katã si wokpɔna ƒe gãnyenye gɔ̃ hã nu ayi.' Ðɔkta Carrel ƒoa nu tso nyateƒe si wònye be kɔdzi gã geɖe wu tutu meɖua alesi wòhiã be woakpɔ nusiwo gbɔ wòtso gbɔ tsɔ wu be woayi edzi akpɔ nusiwo wògblẽna le ame ŋu ɖeɖeko gbɔ o dzi zi geɖe.

Eyata nu geɖe li míawɔ atsɔ ana hehe ameƒomea eye míatrɔ ayi dzɔdzɔme gɔmeɖosewo, susu nyui kple míaƒe dɔwo kple agbanɔamedziwo wɔwɔ gbɔ.

Ðɔkta ARIHUR B. WALKER, si le 439 S. Sherbourne Drive, Los Angeles, Calif. U.S.A

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Allegany, NY October 28, 1966, ƒe 1966.

Aƒetɔ Aterhov lɔlɔ̃tɔ, .

Miaƒe agbalẽ ɖeka si nye 'Raw-Eating' va le asinye eye nye hã meva emenyawo wɔ dɔ ɖe edzi ŋutɔ; ale gbegbe be, mexɔ Raw Eating ƒe ɖoɖoa. Agble aɖe le asinye le afisia afisi menyia nye ŋutɔ nye atikutsetsewo, nukuwo kple amagbewo le le mɔ si me womezãa nu gbagbewo le o nu, eye metsɔ ɖe le kpekpeɖeŋu nana ame bubuwo to Raw Eating dzi be woakpɔ lãmesẽ deblibo; eyata esi esia le susu me nam la, mele gadzraɖoƒegbalẽvi ɖom ɖe mi hena $20.00 be woatsɔ axe fe si

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wò agbalẽa. Azɔ hã makpɔ ŋudzedze ɖe miaƒe nyatakaka No. 1 ƒe kɔpi geɖe ŋu be matsɔ ana xɔ̃nyewo...

Mawɔ nusianu si mate ŋui atsɔ ado miaƒe agbalẽa ɖe ŋgɔ le dukɔ sia me elabena ekpe ɖe ŋunye mekpɔ mɔ nyui aɖe si dzi mato anɔ lãmesẽ ŋutɔŋutɔ me. Ame geɖe kplɔm ɖo le United States afisia eye metsɔ ɖokuinye na ɖe LÃMESEĐEŊU NYENYE ƒe nya la ta to nuɖuɖu nyuitɔ kple agbenɔnɔ nyuitɔ me. Amerikatɔwo ƒe Dzɔdzɔme Dzadzɛnyenye Habɔbɔ me tɔ menye. Meɖoe be mayi edzi akaka nyanyui si nye Raw-Eating' to miaƒe agbalẽa dzi eye mexɔe se be ahe nudɔdɔ geɖe wu vɛ le agbɔsɔsɔ gã me na miaƒe agbalẽa. Agble dzeani aɖe le asinye le afisia, eye ne èva dukɔ sia me la, woaxɔ wò nyuie be nàva nɔ anyi abe nye amedzro ene.

Aƒetɔ AJRUGGIERI, W. 5 Kilometa Rd. Allegany, si le New York, ƒe agbalẽa me. Dukplɔla of GOOD GUYS OF THE GLOBE "Ŋutifafa: Lɔlɔ̃nu Nyui Na Ŋutsuwo".

*** .

Meadows of Dan, si nye Sept. 1, 1966, ƒe 1966:

Xɔlɔ̃ lɔlɔ̃a, menye vegan kple nuɖuɖu ƒuƒu ɖula, meɖea gbeƒã hefiaa esia. Mekpɔ wò bulletin No. 1 le Mount Zion Reporter me eye metsoe eye mewɔ gbugbɔgata be mana femaxee... Ðe metu afɔ wò afɔ to esia wɔwɔ me biabia wò manɔmeea, eye ɖe nèna gomenɔamesim be mataea esiawo dometɔ geɖe wu be matsɔ ana xɔ̃nye si le dɔ lém femaxee?... Agbalẽ xɔasi aɖe le asinye si nye 'Nature The Healer' si John T. Richter ŋlɔ, gake ehiã be makpɔ nya si nàgblɔ. Taflatse miɖo 'Raw-Eating' ɖem, eye ne esia sɔ kple Dzɔdzɔme The Healer la, mahiã wo dometɔ geɖe be matsɔ ana hati ŋutsuwo. Trakt ŋlɔla hãe menye, gake menye ɖɔktae menye o...

11, 1966, ƒe 1966.

Edzɔ dzi nam wu be mexɔ agbalẽawo kpe ɖe wò lɛta nyui la ŋu... Xɔlɔ̃, mesusu be wò agbalẽa nye tops; Menɔ esi le sue wu Nature The Healer dim. Dɔ aɖeke meli si nyo wu be woana numekɔkɔ amewo tso asixɔxɔ si le nuɖuɖu ƒuƒu ŋu o. Mesusu be miaƒe agbalẽa subɔa nye nuhiahiãwo fifia, abe agbalẽ si lolo wu ene, eye wòhea nu nyui geɖewo hã vɛ. Ẽ, mate ŋu azã agbalẽ siwo nèɖo ɖa... Mehiã wò dometɔ aɖewo

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agbalẽwo me. Mele dutanyanyuigbɔgblɔ ƒe mɔzɔzɔ aɖe dzi yina Florida eye mate ŋu azã miaƒe agbalẽ geɖe le tsaɖiɖi sia me. Mele klalo be makaka nuɖuɖu ƒuƒu le nɔnɔme sia me, eye woyɔm hã be maxɔ nya aɖewo atsɔ ana woaɖu nuɖuɖu ƒuƒu dzi. Fifia la, nyɔnu aɖe mlɔ anyi le ku me, eye ɖɔktawo na tae kloe be yeaku. Ele kuku ɖem nam be makpe ɖe ye ŋu le nuɖuɖua me, mele mɔ kpɔm be mawɔ esia kpuie...

Aƒenɔ I. W. Carroll, Aɖaka 240, Meadows of Dan, Va. U.S.A

*** .

Israel, August 22, 1966, ƒe dzi.

Aƒetɔ Aterhov Lɔlɔ̃tɔ ŋutɔ. Enye dzidzɔ gã aɖe be egbea mewu miaƒe agbalẽ nyuitɔ kekeake si nye RAW-EATING' xexlẽ nu. Ne ameƒomea ase dzɔdzɔmenuɖuɖu ƒe vevienyenye gɔme gbeɖeka la, esia anye ɣeyiɣi yeye aɖe ƒe gɔmedzedze le amegbetɔ ƒe agbenɔnɔ ƒe ŋutinya me; ɖeko wòanye PARADISO la.

Le wò mɔɖeɖe me la, na maɖe ɖokuinye afia. Nye ŋkɔe nye Joseph Razon, mexɔ ƒe 43, meva Israel ƒe etɔ̃ enye sia eye mewɔa dɔ abe atikewɔla ene le Kupat Holim Atikewɔwɔ Habɔbɔ me. Nyemesena le ɖokuinye me be dzi le dzɔyem le nye gbesiagbedɔ si mewɔna edziedzi me o, elabena enye agbanɔamedzi nam be maŋlɔ atikewo (aɖi) nam. Togbɔ be medzea agbagba be maŋlɔ agbɔsɔsɔ suetɔ kekeake si mate ŋui (primum non nocere) hã la, nye aɖitutudɔa medzea ŋunye o! Ele be mawɔ dɔ elabena srɔ̃tɔe menye! Srɔ̃nye tso Teheran... Esi mexlẽ wò agbalẽa vɔ la, mesusu be maŋlɔ agbalẽ na wò abia be àte ŋu aɖo agbalẽ aɖewo ɖe mí le Persiagbe me na srɔ̃nye hã. Meka ɖe edzi be ne exlẽ nu tso dzɔdzɔmenuɖuɖu kple ŋusẽ si wòkpɔna ɖe amegbetɔ ƒe nugbagbevi dzi ŋu la, dzi maɖe ƒo be yeatsɔ nu kukuwo ana mía vi (míele mɔ kpɔm na vidzĩ) o!

Medi be magblɔ nu ʋɛ aɖewo tso nye dɔwɔnawo ŋu le Istanbul ƒe ʋee aɖewoe nye esi va yi. Menye 'Turkeytɔwo ƒe Amagbe-Dzadzɛnyenye Habɔbɔ' ƒe Agbalẽŋlɔla Gãtɔ eye menye habɔbɔa me tɔ siwo doa vevie nu wu la dometɔ ɖeka. Afimae Atikewɔhawo kple Atikewɔƒewo kpɔ afɔku le míaƒe amagbewo ɖuɖu ƒe habɔbɔa me ɖe woƒe aɖiwo ta eye abe Yudatɔ ene la, nyee nye teƒe si gbɔdzɔ wu si wokpɔ be etsɔtsrɔ̃ bɔbɔe. Wo

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wɔ nuvevi nye ame ŋutɔ eye wònye agbanɔamedzi nam be madzo le dukɔ si me wodzim le, afisi mesrɔ̃ nu le eye melɔ̃ eƒe amewo le la me tegbee. Gake eva hiã be mava Israel. Dzɔgbenyuietɔe la, le afisia la, míate ŋu aƒo nu ahaŋlɔ nu faa tso amagbewo ɖuɖu kple dzɔdzɔmegbenɔnɔ ŋu. Dzɔdzɔmeŋutinunyala siwo wu 20 ye li eye kɔƒe aɖe si me amagbeɖulawo le hã le mía si, si nye AMIRIM, si te ɖe du si nye SATAD ŋu le Galil towo dzi!

Kwasiɖa ɖeka enye sia la, meɖi tsa yi teƒe sia zi evelia, dzi nɔ dzɔyem eye medi be manɔ afima anɔ afima. Gake gbã la, ele be mana srɔ̃nye naxɔe ase. Taflatse, mele kuku ɖem na wò be nàɖo agbalẽ aɖewo ɖem le Persiagbe me ku ɖe nya sia ŋu.

Enye dzidzɔ nam be malé ŋku ɖe ANAHIT ƒe nɔnɔmetata ŋu, si dze tugbe ale gbegbe eye... le lãmesẽ me. Ame ate ŋu ase eƒe lãmesẽ gɔme ne elé ŋku ɖe eƒe nɔnɔmetata ŋu ko.

November 12, 1966, ƒe 1966:

Enye dzidzɔ ŋutɔŋutɔ be mexɔ miaƒe agbalẽvi dodzidzɔname ŋutɔ si nye Raw- . Nuɖuɖu' le eƒe Persiagbe me tɔ me. Meda akpe na mi eye mele mɔ kpɔm be srɔ̃nye ase nya la gɔme nyuie wu. Mele mɔ kpɔm hã be vinyea avo tso nuɖuɖu si woɖa, si mele dzɔdzɔme nu o ƒe nugbegblẽ me!...Togbɔ be mewɔa dɔ le atikewɔhabɔbɔa me hã la, mekpɔa ame siwo di be yewoawɔ ɖe dzadzɛnyenye ƒe agbenɔnɔ dzi la dzi. Esi menɔ Turkey la, menɔ nye dɔnɔwo dzi kpɔm abe dzɔdzɔme dzadzɛnyenyedɔwɔla ene. Fifia le Israel la, ele be makpɔ nye agbe gbã, eyata ele be mawɔ dɔ le atikewɔhabɔbɔa me.

Eteƒe madidi o, ahiã be mawɔ dɔ le atike vɔ̃ɖi zazã ƒe dɔa ɖeɖeko me. Gake ne lãmesẽdɔwɔƒe aɖeke mele mía si o la, esia madze mía ŋu wòade edeƒe o, eyata míele ame siwo lɔ̃ faa be yewoakpe ɖe mía ŋu la dim ɖekae kple dzɔdzɔmeŋutinunyala aɖewo! Mele mɔ kpɔm be le etsɔ si gbɔna kpuie me la, magblɔ nya geɖe tso eŋu na mi.

Ðɔkta JOSEPH RAZON, 170/2 Arlozorov Kɔkɔe Kiryat- Malakhi, Israel

*** .

Baldwin Park, Calif. Afɔfiɛ 14, 1966. Eƒe dukɔ nye [United States of America].

Xɔlɔ̃ Lɔlɔ̃tɔ:

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Edzɔ dzi nam be mekpɔ wò nyati si ku ɖe Nuɖuɖu ƒuƒu ŋu le Yerusalem, Israel, ƒe ‘Zion To ƒe Nyadzɔdzɔŋlɔla’ me. Nuŋlɔla la nye nɔvinyeŋutsu. Edzɔ dzi nam be èglblɔ wò agbalẽa ŋu nya le eƒe pepa me. Metsɔ ɖe le agbalẽ geɖe siwo ku ɖe nuɖuɖu ƒuƒu ŋu me ŋutɔ, eyata mele nye nudɔdɔa ɖom ɖa, si nye nye gbãtɔ, esi meɖoe be makaka nyateƒenya sia si hiã vevie la.

Dzove 20, 1966. Eƒe dukɔ nye [...]

Mexɔ miaƒe agbalẽ xɔasiawo. Woawo koe nye nusiwo mehiã... Medea asixɔxɔe agbalẽawo ŋutɔ, eye mele mɔ kpɔm be ame geɖe siwo le dukɔ vovovowo me akpɔ wo abe alesi mekpɔ dzɔgbenyuie be mewɔe ene...

November 13, 1966. Edzɔ dzi nam be mate ŋu adɔ miaƒe agbalẽ bubu aɖewo azɔ, Raw-Eating’. Woawoe nye nusiwo amewo hiã. Medi be maɖo nudɔdɔ sia ɖa kaba ŋutɔ, gake melala vaseɖe esime mate ŋu akpɔ ga la ta. Mesusu be ɣebubuɣi si mate ŋu adɔ nu kaba, abe alesi mekpɔ nu aɖewo gbɔ ene... Nye ɖeka koe le agbe, maxɔ ƒe 89 le 5th of Feb. 1967, eyata nyemate ŋu ado go kple agbalẽawo adzra wo abe sɔhɛ ate ŋui. Mele nye ŋkɔ kple adrɛs ŋlɔm ɖe agbalẽawo me hele wo dom na amesiwo axlẽ wo. Medi be agbalẽawo naʋuʋu ale be nyemate ŋu ana wo be woamlɔ ame aɖe ƒe aƒe me o... Me le agbagba dzem be mawɔ ɖe dzɔdzɔmenuɖuɖu ƒe mɔnu dzi abe alesi menyae ene na wo katã kloe

ƒe eve siwo va yi. Mewɔ dɔ le nye abɔ me ŋdɔ sia katã, eye ɖeɖi mete ŋunye o...

ORAF ƒe ŋkɔ. AKPAĐEKA, Calif. U.S.A

*** .

Alberta, Afɔfiɛ 9", 1966.

Amega lɔlɔ̃a,

Nyee nye 'Mount Zion Reporter' xlẽla, eye metsɔ ɖe le nyati si nye `Value of Raw Food' me. Ƒe 75 koe menye ɖekakpui, eye le dzɔdzɔme nu la, madi be nuɖuɖu ƒuƒu ƒe nɔnɔmewo naɖe vi nam. Menye kamedefefewɔla le ŋkeke siwo do ŋgɔ me—gake metsɔ ɖokuinye na nuɖuɖu siwo woɖa.

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Kuxiae nye be woakpɔ amagbe kple atikutsetse ƒomevi si sɔ—womatsɔ mineral dodo ɖe lãme na ame o, le Canada afisia.

GEORGE BAIN ƑE ƑOMEDODO, Canada.

*** .

Swansea, March 1, 1964, ƒe 1964.

Aƒetɔ Aterhov lɔlɔ̃tɔ, .

Le January ƒe gɔmedzedze, esime menɔ 'Zã sia' ƒe wɔnaa kpɔm le edzi nye television dzi wɔnawo la, elektrikŋusẽ na wò ŋutɔ esi mekpɔ miaƒe agbalẽa, eye mese nya ʋɛ aɖewo siwo woɖe tso eme la xlẽ. Medi vevie be miaƒe agbalẽa ƒe ɖeka nanɔ asinye. Eyata meŋlɔ agbalẽ na BBC hena gbeƒãɖela ŋuti nyatakaka siwo hiã, kple bubuawo Nyateƒee, wona menya, mlɔeba, be womate ŋu akpɔe le dukɔ sia me o. Ke hã, woɖo adrɛs ɖeka kolia si le wo si la ɖem, eyata meɖoe be maŋlɔ agbalẽ na wò nenye be mada akpe na wò ahadi dzidzedzekpɔkpɔ ɖesiaɖe na wò le wò gbedasia kaka me. Melɔ̃ ɖe edzi vevie, be nuɖuɖu ƒe numame nye nusi gblẽa nu le ame ŋu wu nu gbegblẽwo katã. Xexe bubu ka gbegbee nye si esia ate ŋu anye, ne ameƒomea trɔ eƒe nuɖuɖu ƒe kɔnyinyiwo abe alesi woƒoe ɖe enu le wò agbalẽa me ene. Miaƒe kpɔɖeŋuae nye agbagbadzedze kɔkɔtɔ kekeake le amegbetɔ ƒe nyonyo ta le xexeame egbea. Mido gbe na mi—Nyagblɔɖila gãtɔ kekeake le ɣeyiɣi

April 29, 1964. Dzidzɔŋkeke kae nye si wònye le Braɖa si va yi me esime wò agbalẽ kple lɛta va ɖo. Exɔ nye susu me, eye ɣeaɖewoɣi la, ewɔa nuku nam. Ƒo wo katã ta la, ena numekɔkɔ nam eye wòuãm ake. Tso nye ɖevime ke la, esi melé nyayɔyɔ geɖe ɖe susu me le Kwasiɖagbe suku la, medi NYATEƑEA. ('Eye miadze si nyateƒe la, eye nyateƒe la ana ablɔɖe mi'). Didi la kplɔm to sɔlemeha vovovowo me, yi Susuŋudɔwɔwɔ gbɔ, emegbe yi Amagbewo ɖuɖu kple Nuɖuɖu ƒe Ɖɔɖɔɖo kple Dzɔdzɔme Atikewɔwɔ gbɔ eye mlɔeba la, meva ɖo Theosophy gbɔ kple agbemekuxiwo ŋuti numeɖeɖe ɖeka kolia si dzi woda asi ɖo (le gonyeme) —Karma kple Gbugbɔgadzɔ. Mɔ didi ka gbegbee nye si wònye. Eye le afisia, mlɔeba, ne melé ŋku ɖe wò agbalẽa ŋu la, mesena le ɖokuinye me be `ESIA NYEE'. Akpe na wò ɖe nunana wɔnuku sia ta, eye nàde asixɔxɔ wò lɛtaa hã ŋu...

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February 3, 1966. Dzidzɔ gã aɖee wònye nam be megase nya tso mia gbɔ ake, eye be srɔ̃ nu tso dzidzedze geɖe siwo amesiwo le wò kpɔɖeŋu yome tim la kpɔ tso wò agbalẽvi me... Àdi be yeanya nu tso nye ŋutɔ tɔgbuiyɔvi ŋu. Eƒe lãme gblẽ le ƒe 1964 me, eye wònɔ Tagbɔdɔlélawo ƒe Kɔdzi hena ɣeyiɣi kpui aɖe. Esi wòdo go megbe kpuie la, mete ŋu ɖo wò agbalẽa ƒe ɖeka ɖee... Etsɔe yi Raw-Eating abe dadi be yeade tsi ene, eye wòwɔ hayahaya wɔnuku aɖe. Etrɔ eƒe nukpɔsusu kple amenyenye bliboa, eye fifia ele ŋgɔ yim nyuie le eƒe nusɔsrɔ̃wo me. Enye aɖaŋudɔsrɔ̃vi le Manchester Yunivɛsiti.

Aƒenɔ Gena Harries, 11Hston Teƒe, ɣetoɖoƒe Atitsoga, Swansea, Glamorgan, England.

***.

Southsea, February 20, 1964, ƒe 1964.

Amega lɔlɔ̃a,

Anye agbanɔamedzi nam ne èna alesi mawɔ axɔe ŋuti nyatakakawom tsitotsito agbalẽ si ŋkɔe nye 'RAW- EATING' si ATERHOV ŋlɔ. Britaintɔwo ƒe Nyadzɔdzɔdɔwɔƒe si le London tsɔ wò adrɛs nam esi wona menya be womate ŋu akpɔ agbalẽa le Britaingbe me o. Madi vevie be eƒe ɖe nanɔ asinye.

19th March, 1964. Akpe geɖe ŋutɔ na wò agbalẽ si ku ɖe Raw-Eating' si mexɔ le Yawoɖagbe si va yi, March 12 lia dzi. Miaƒe agbalẽa me nyawo nye ɖeɖefia nam vavã, agbalẽ wɔnukutɔ kekeake si mexlẽ kpɔ tso amegbetɔ ƒe nuhiahiãwo kple nudidiwo ŋu. Mebu alesi agbalẽa ƒe tanya tso dzime eye wòdoa dzidzɔ na ame le agbalẽ bliboa me hã ŋu. Mekpɔa ŋudzedze ɖe nusɔsrɔ̃ ƒe didime kple ɣeyiɣi si anya zã le agbagbadzedze be woto agbalẽa vɛ kple edzadzraɖo me ŋu. Esia nye alesi mesena le ɖokuinye me ŋutɔŋutɔ le eŋu ƒe ɖeɖefia gbegblẽ ŋutɔ eye mawɔ nye ŋutete katã be mana ame bubuwo natsɔ ɖe le eme, gake manye dɔ bɔbɔe be manya nusiwo amewo nye kple alesi womedina be yewoatrɔ yewoƒe numamewo o, vevietɔ nuɖuɖu o ame aɖewo. Ke hã, madze agbagba ɖesiaɖe be mana woaxɔe ase eye mana woaɖo wo ɖe wò agbalẽa... Ne ètsɔ ɖe le eme la, mana nànya alesi nuwo le edzi yim ɣeaɖewoɣi...

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Aƒenɔ V. M. Snelling, 26 Victoria Rd. Southsea, Hants, England.

*** .

Santa Rosa, November 27, 1964, ƒe 1964.

Amega lɔlɔ̃a,

Edzɔ dzi nam be mexlẽ miaƒe agbalẽ si nye 'Raw-Eating', eye madi vevie be dɛka nanɔ asinye na nye ŋutɔ. Esi medzro eme kple xɔ̃nye eve vɔ la, woawo hã, wodi be yewoaxɔ dɛka, eyata mele gaxɔgbalẽvi si ƒe home nye $4.50 dɛ agbalẽ etɔ̃ ta la kpem dɛ eŋu... Metsi dzi wu be maxɔ agbalẽ siawo... Nyee nye ame 100 le alafa me 'nuɖuɖu ƒuƒu', eye mele nya nyui la kakam dɛ amesiwo tsɔ dɛ le eme la dome. Nuɖuɖu ƒuƒuwo xɔ nye agbe.

Dzove 21, 1965:

Ne mexɔ 'Raw-Eating' ƒe kɔpi 15 siwo ŋu wotsɔ gaxɔgbalẽvi kpe dɔ be woabia ga home si nye $10.00 la, mele gadzraɖoƒe ƒe gagbalẽ aɖe kpem dɛ eŋu... tsɔ kpe dɛ $10.00 bubu ŋu na Raw-Eating ƒe kɔpi 15 bubuwo.' "Mekpɔ ŋudzedze dɛ mɔnukpɔkpɔ si su asinye be makpe dɛ amewo ŋu woase nuɖuɖu ƒuƒu ɖuɖu ƒe hiahiã gɔme, to miaƒe dɔ gã sia me. Akpe na mi."

Dzove 2, 1965:

'Mina Míanɔ Agbe' Magazine ƒe kɔpi nye tɔwò be nàxlẽ Martin Reinecke tɔ nyati, `Adventures le Nuɖuɖu ƒuƒuwo me'.

Ɣleti sia ƒe tata tsɔ nye lɛta si gblɔ alesi mía kple srɔ̃nye míedze nuɖuɖu ƒuƒu 100 le alafa me ɖuɖu gɔme. Míetsɔ dzo dɛ esia ŋu wu eye míayi edzi akpe dɛ Martin ŋu wòado nuɖuɖumɔnu sia dɛ ŋgɔ, alesi míate ŋui.

Wò ŋutɔ wò agbalẽ, `Raw-Eating', nye nu dziŋɔ aɖe ko. Edzɔ dzi nam ŋutɔ be mawɔe mae na ame siwo le sidzedze sia dim. Enye nyateƒe be wosɔ gbɔ ŋutɔ fifia, gake mexɔe se be le ɣeyiɣi aɖe megbe la, gɔmesesea ava na ame geɖe. Dɔwɔwɔ kpoo kple amesiwo aɖo to la naa dzidzeme ame ŋutɔ.

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May 6, 1965, ƒe 1965:

Mexɔ wò lɛta si bia tso 'Mina Míanɔ Agbe' ƒe megbe tatawo gake nye meɖe kuku Lãmesẽ Nuɖuɖudzraƒea dzra eƒe kɔpiawo katã. Mele May ƒe tataa ɖom ɖe mi eye mayi edzi anɔ tata siwo gbɔna la ɖom ɖa negbe ɖe miedi be yewoaxɔ nudɔdɔ hafi.

Meɖo wò lɛtaa ƒe kɔpi ɖe Martin Reinecke be wòaɖɔ eƒe February nyatia ɖo abe alesi wodoe ɖa ene.

Adzɔ dzi nam be miaƒe babla evelia ƒe kɔpi nanɔ asinye ne wowu enu. Mekpɔ dzidzedze nyuie le miaƒe babla gbãtɔ dzadzra me eye madi be ɖewo nanɔ asinye.

Aƒenɔ Helen M.Bulbeck, si le 818 Cherry St. Santa Rosa, U.S.A

*** .

Venice, Calif., le Sept. 29, 1964, dzi.

Aƒetɔ Aterhov lɔlɔ̃tɔ, .

Akpe geɖe na mi ɖe miaƒe agbalẽ `Raw-Eating' ƒe kɔpi eve ta Mekpɔ dzidzɔ ɖe exlẽ ŋu ŋutɔ.

Medzudzɔ nuɖuɖu siwo woɖa ɖuɖu ɣleti atɔ̃ enye sia. Ƒe 31 ye mexɔ eye nye lãme sẽ ŋutɔ. Gbe eve ɖesiaɖe la, meƒua du kilometa 2-5 le ƒuta, ƒua tsi, zɔa towo dzi. Kwasiɖa etɔ̃ enye sia la, mezɔ togbɛ dzi to Withney Toa dzi le ŋkeke ɖeka dzi. Mɔzɔzɔ yiyi kple gbɔgbɔ didi kilometa 26 eye toa ŋutɔ kɔkɔ wu afɔ 14,500. Nye ʊu ƒe sisi nye 58-60. Mele esiawo katã gblɔm na mi be mana mianya be nuɖuɖu si womeɖa o ye nye ameƒomea ƒe fukpekpewo katã ƒe ŋuɖoɖ

Ðewohĩ matsɔ ɖe le miaƒe agbalẽa dzadzra me ŋutɔ le United States (eye ɖewohĩ le Canada). Taflatse na manya ga home si nèbia be woawɔ 500 alo 1,000...

Dzove 6, 1966, dzi.

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Fifia mía kple srɔ̃nye míele nuɖuɖu ƒuƒu 100 le alafa me ɖum ƒe eve kloe nuɖuɖu si me nu nyuitɔ kekeake dona tsoe. Enclosed Mele nyati aɖe ɖom ɖe mi, si Shirley, srɔ̃nye, ŋlɔ, eye wotae ɖe 'LET'S LIVE' magazine me, July 1965. Míeɖe mɔ na mi be miazã nyati sia kple nɔnɔmetata siwo kpe ɖe eŋu.
Nɔnɔmetataawo dometɔ ɖekae nye mía xɔlɔ̃ vevi aɖe ŋutɔ si nye raw-vegan tɔ. Ewɔa avu kple dzatawo (Afrikatɔwo) asi ƒuƒlu, eye dzata siawo ƒe aɖuwo kple asikewo katã le wo si. MICKEY SOLOMON ye nye eƒe ŋkɔ.

Míese le mía ɖokui me be míese le mía ɖokui me alea gbegbe le míaƒe agbe me kpɔ tso esime míeɖua míaƒe nuɖuɖu ƒuƒui. Wò agbalẽae nye agbalẽ nyuitɔ kekeake si le mía si ku ɖe nuɖuɖu ƒuƒuwo ŋu, eye míexlẽa wò agbalẽa enuenu. Míedi be míakaka nyateƒe si ku ɖe nuɖuɖu ƒuƒu ŋu... Míesusu be ele be wò agbalẽ wɔnuku la nasu ame geɖe si. Wotsɔ ga home si nye $20.00 kpe ɖe eŋu...

Aƒenɔ Shirley & Aƒetɔ Thorwald Boie, 1015 Venice Blvd. Venice, si le Ca. USA.

*** .

Columbia, S .C., ƒe agbalẽa me. Dzove 7, 1965:

Nyati aɖe si ku ɖe miaƒe agbalẽvi si nye RAW-EATING' ŋu le Let's Live Magazine-December 1964. Meŋlɔ agbalẽ na agbalẽŋlɔla, Martin J.
Fritz, eye wòɖo aɖaŋu nam be maŋlɔ agbalẽ na British Vegetarian Magazine eye woawo hã tsɔ wò adrɛs nam...

AƑENƆ. IRENE GOLEMON, si tso U.S.A

*** .

Nya aɖe tso lɛta aɖe si aƒetɔ aɖe ŋlɔ le Abadan, le nye Persiagbe me agbalẽa xexlẽ vɔ megbe la me:

Abadan, Dzove 25 lia, 1965:

Aƒetɔ Aterhov lɔlɔ̃tɔ, .

Miaƒe agbalẽvi sue la na tɔtrɔ gã aɖe va nye susu ƒe nukpɔsusu me, ale be mebu ɖokuinye xoxo be menye nuɖuɖu ƒuƒu ɖula. Nye menya o

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alesi woada akpe na wòe. Menye nyagbɔgblɔ si gbɔ eme ne megblɔ be menyi fe le wò agbe ŋu o. Wòe nye mía ƒe ɣeyiɣia me Yesu, si le agbe nam dɔnɔwo kple ame kuku afãwo, eye agbe vivi ka gbegbee nye si wònye le ema me!... Edze nam be nusi mexɔ se o be ame ate ŋu axlẽ wò agbalẽa eye matrɔ e ƒe agbenɔnɔ o.

SADARAT, Abadan,Persia, kple ame bubuwo.

*** .

Le nye babla gã la tata le Armeniagbe me megbe la, raw-nuɖuɖu va le ame geɖe yome tim le Armenia.

Yerevan, Dzove 24 lia, 1961. E ƒe dukɔ nye [United States of America].

A ƒetɔ Hovannessian lɔlɔ̃tɔ, .

Armenia ƒe Dzɔdzɔmeŋutinunya Suku ƒe Agbalẽdzraɖoƒegã xɔ mia ƒe agbalẽa ƒe babla gbãtɔ si ƒe tanyae nye Raw-Eating kple akpedada. Be míakpɔ mía ƒe nuxlẽla gbogboawo ƒe didiwo gbɔ le mia ƒe dɔ si ƒe tanyae nye “Nuɖuɖu ƒu ƒu” ŋu la, taflatse miɖo babla gbãtɔ ƒe kɔpi atɔ̃ ɖe mí, le nyate ƒe si wònye be kɔpi eve siwo woɖo ɖa xoxo la nɔa tsatsam ɣesiaɣi eye wohea ɖe megbe ŋutɔ ta nuxlẽla gbogbo aɖewo ƒe didiwo gbɔ kpɔkpɔ."

ARMENIA ƑE DZƆDZƆMEŊUTINUNYA ƑE AKPAĐEKA, H.MECHERIAN, si nye Akpa si Kpɔa Nu Bliboa Gbɔ ƒe Dɔdzikpɔla.

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Yerevan, 20th November, 1961. E ƒe dukɔ nye [United States of America].

A ƒetɔ Hovannessian lɔlɔ̃tɔ, .

Míexɔ mia ƒe dɔa ƒe babla gbãtɔ si ƒe tanyae nye `Raw-Eating', si wotsɔ na mía ƒe agbalẽdzraɖoƒe, si ta míeda akpe na mí tso dzi me la ƒe kɔpi ewo.

Yerevan, Dzove 16 lia, 1965:

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Armenia Dukɔa ƒe Agbalẽdzraɖoƒe ƒe Dɔwɔƒe di be yewoada akpe tso miaƒe agbalẽ si ƒe tanyae nye 'Along the Paths of Raw-Eating' ƒe kɔpi ade siwo mietsɔ na Agbalẽdzraɖoƒea ta.

Ame siwo tsɔ ɖe le nuɖuɖu ƒuƒu me ƒe xexlẽme le dzidzim ɖe edzi vivivi eye wo dometɔ geɖe dina be miaƒe agbalẽwo nanɔ yewo si. Ðe nàte ŋu ana míagakpɔ wò agbalẽ ʊɛ aɖewo kpeea?

DEKƆNUWO ƑE DƆWƆƑE, ARMENIA,

AM MIASNIKIAN DUKOA ƑE AGBALẼDZRAÐOƑE, .

ARAZI TIRABIAN, si nye Dɔdzikpɔla.

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Emegbe la, meɖoa nye agbalẽwo ƒe kɔpi blaeve va ɖo blaetɔ̃ ɖe amewo zi geɖe yi agbalẽdzraɖoƒe sia, eye womele mɔ kpɔm be woatrɔ ava alo aɖo eteƒe na ye o. Nublanuitɔe la, le kuxi kple seɖoƒe siwo Soviet Union de amewo dzi (dzizizidziɖuɖu si tsi tre ɖe ame ŋutɔ ƒe asitsatsa ŋu) ta la, mewɔa agbalẽ siwo katã wobia tso Soviet Union gbɔ la dzi femaxee, eɖanye be dukɔa ƒe dɔwɔƒewo alo ame ŋutɔ gbɔe biabia mawo tso o.

Lɛta aɖe si Ame Xɔŋkɔ (Armeniatɔ hakpanyaŋlɔla), .
Hovhannes Shiraz ƒe amegã:

Yerevan, Dzove 4 lia, 1962. Eƒe dukɔ nye [United States of America].

Ter Hovannessian lɔlɔ̃tɔ, .

Le vome koe meva ke ɖe miaƒe agbalẽ si kafukafu si ƒe tanyae nye `Raw-Eating' ŋu. Woɖoe be nàzu ameƒomea sia si ƒe tagbɔ le afã kple afã la katã ƒe xɔnametɔ gãtɔ. Wò nusi ŋu nèke ɖo, nuɖuɖu ƒuƒu, lolo abe Darwin gã la tɔ ene; nyateƒee, elolo wu eye wònye amegbetɔ ƒe kpekpeɖeŋunadɔ wu, ao, mele be magblɔ be enye dɔmenyonyo wu nu gã siwo katã ŋu woke ɖo le ƒe alafa siwo do ŋgɔ me. Gake, ʊuu keke ta, kpe aɖe si dzi womate ŋu aɖu o la le tsitre ɖe ŋgɔwò. Ne ɖe vidzĩ ŋkuagbãtɔ sia, anye ne ame sia si woyɔna be ameƒomea, si woble ƒe akpe geɖe la, awɔe

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va eƒe susu me, gblẽ dzoa ɖi eye wòadze yowòme le mɔ si me nunya le si nèʊu la dzi la, afimae ŋutasẽnuwɔwɔwo nu ayi le ŋutsua me. Gake ameƒomea, kple ameƒomevi kple to gbogbo siawo katã, gakpɔtɔ lé ɖe dzoa ŋu sesĩe abe alesi ʊuʊudedi léna ɖe agakpe ŋu ene. Megblẽa eƒe nuɖuɖu si woɖa si hea ku vɛ la ɖi o, eye magblẽe ɖi haɖe o... Ke hã, megbugbɔa nu na wò mo si le nuxaxa me eye mekpɔa dzidzɔ le susu si nye be wodzi wò Armeniatɔ ta. Ènye ame makumaku vavã..."

Hovanes Shiraz, si le Leninian Mɔdodo 20 dzi.

*** .

Tso eƒe ɖevime ke la, eŋlɔla si ŋlɔ lɛta si gbɔna, ɖekakpui sukuvi, xɔ dɔléle geɖe, siwo dometɔ aɖewoe nye yɔmekpe, asrã dzĩ, ʊuʊudedi (parotids), asrã, angina, dzamezã kple ʊuʊudedi vovovowo, tomeve, aɖuve, dɔmeɖui, aɖuɖɔtoe, ʊusɔgbɔdɔ, appendicitis kple aɖuɖɔtoe me dɔdzẽ atraɖii (cholecystitis) . . Egbea nuɖuɖu ƒuƒu na wòkpɔ gbɔdzɔe tso fukpekpe mawo katã me, eye wòɖe eƒe akpedada fia le fli siwo gbɔna me:

Yerevan, Dzove 5 lia, 1964. Eƒe dukɔ nye [United States of America].

Nye nufiala lɔlɔ̃a, nya aɖeke megale asinye be matsɔ aɖe akpedada kple ŋudzedzekpɔkpɔ ƒe seselelãme si meɖena fiana wò ɣleti geɖe enye sia la afia o, elabena edze abe nyawo katã mesɔ gbɔ o fewuɖutɔe ene.

To akunyawɔwɔ ɖeka me la, èva wu drɔ̃e baɖa si nɔ fu ɖem nam la nu, abe alesi, ɖikeke mele eme o be, àwɔ nenema ke na ame bubuwo hã ene, vaseɖe esime nusi tututu gbɔ drɔ̃e baɖa ma tso la ɖa-akpe na wò.

Èva be yeaɖe ŋkuʊuʊu ma, to ɖaɖɛ ma kple aɖaʊadzedze ma si nye manyamanya si me nyrɔm ɖo, abe ame bubu ɖesiaɖe ene la ɖa.

Èva kple akunyawɔkaɖi be yeawɔ nɔnɔmetata ɖe dziƒo ƒe nudzraɖoƒea ŋu mo ma si nye tɔnye vavã eye vaseɖe ɣemaɣi la, drɔ̃e kple susu koe mete ŋu kua nu le.

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Mebɔbɔ dɛ wò nɔnɔme si le keklẽm la ŋkume hedo gbe na wò abe ŋutsua ene ame si menyi fe le wu esi menyi le ame bubu aɖeke ŋu kpɔ.

Mebɔbɔ dɛ wò nɔnɔme si le keklẽm la ŋkume hedo gbe na wò abe kalẽtɔ si ƒe ŋkɔ le amesiwo wòɖe na ƒe nuyiwo dzi egbea ɣesiaɣi ene, gake etsɔ la, anɔ amewo katã ƒe nuyiwo dzi.

Mebɔbɔ dɛ wò nɔnɔme si le keklẽm la ŋkume hedo gbe na wò abe atitsogaʋawɔla na dekɔnu ŋutɔŋutɔ, dzɔdzɔmeŋutinunya ŋutɔŋutɔ, ŋgɔyiyi ŋutɔŋutɔ, kple abe aʋawɔla na etsɔme si me kɔ, si me dekɔnuwo le, si me dzɔdzɔmeŋutinunya le ene.

Armen Vshtuni, Nukpɔsusu Lenin 20, Erevan, Armenia.

*** .

Yerevan, Dzove 29 lia, 1964. Eƒe dukɔ nye [United States of America].

Hovannessian lɔlɔ̃tɔ, .

Fli ʋɛ aɖewo koe ana nànya be nuɖuɖu ƒuƒu ɖuɖu na ame bubu aɖe va xɔ ɖe dɔa me, amesi ƒe susu si ta wòxɔ nunyiame yeyea menɔ te ɖe mɔkpɔkpɔbuɖeame ƒe seselelãme aɖeke si dɔléle aɖe alo bubu aɖe hena vɛ dzi o, ke boŋ ɖe susu nyui siwo wò susu gãwo ʋã dzi .

Ele be maʋu eme be mɔxenu geɖewo le nye mɔ dzi, elabena fofonye nye nugbagbeŋutinunyala, evɔ nɔvinyeŋutsu ya nye ɖɔkta, eye le nye ƒomea me la, nye ɖeka koe ɖua nuɖuɖu si to vovo (si sɔ) dzi. Fifia ɣleti enyie nye sia si metrɔ ɖe nunyiamemɔnu yeyea ŋu eye mele lãmesẽ nyui aɖe kpɔm. Edze nam be lɛta siawo tɔgbe, siwo gbɔna gbɔwò tso xexeame ƒe dzogoewo katã dzi la, adzi ɖe edzi le geometri ƒe ŋgɔyiyi me eye be ɖiɖiɖeme manɔ asiwò nàxlẽ akpedada ƒe fli siwo woŋlɔ na wò o. Nusi ŋu nèke ɖo la ayi ŋutinya me.

*** .

Dzove 18 lia, 1965. Eƒe dukɔ nye [United States of America].

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Mele nu ŋlɔm tso Leningrad. Mele nye nusɔsrɔ̃ dzi yim le Conservatoire le afisia. Esi mele gbɔwò ɣesiaɣi ta la, meɖoa nye didi nyuitɔwo ɖe wò, kakaɖedzi le dzixɔse si nye be ɣeyiɣi le wò akpa dzi la ŋu. Atikewɔwɔ ƒe dodokpɔ siwo nɔvinyeŋutsu wɔna nam la naa nusiwo doa dzidzɔ nam ɣesiaɣi. Mesena le ɖokuinye me be nye lãme sẽ ŋutɔ vavã, evɔ nye kpekpeme ya nɔa dzidzim ɖe edzi vivivi, gake kakaɖedzitɔe.

H. SVATCHIAN ƑE NUÐEÐEŊUTI.

*** .

Yerevan, Dzove 6 lia, 1965. Eƒe dukɔ nye [United States of America].

Aƒetɔ Hovannessian lɔlɔ̃tɔ, .

Fifia ɣleti ade enye sia si mele nuɖuɖu ƒuƒu srɔ̃m. Le esi sidzedze bliboe le alesi woxɔ miaƒe agbalẽa nyuie le xexeame ƒe akpa sia akpa ŋu ta la, nyemedi be mage ɖe eme tsitotsito ahagbugbɔ kafukafunya siwo wozãna ɖaa la agblɔ o. Ðikekemanɔmee la, nuɖuɖu ƒuƒu ƒe nukpɔsusue nye aʋadziɖuɖu gãtɔ kekeake si amegbetɔ ƒe susu kpɔ le dekɔnuwo ƒe ɣeyiɣi bliboa me.

Nyemedi be maŋlɔ nu tso nye ŋutɔ nye nuteƒekpɔkpɔwo ŋu o, elabena, . esi mexlẽ nya siwo nèyɔ tso ŋudzedzekpɔkpɔgbalẽ vovovowo me ta la, mekpɔe be nye nuwɔna wɔ ɖeka bliboe kple alesi dzɔdzɔmenuɖuɖu ɖula bubuwo wɔnae.

Nusiwo ɖe dzesi etɔxɛe nye susu me tɔtrɔ siwo kplɔa ŋutilã ƒe dɔwɔwɔwo ɖo enumake, ne womedo ŋgɔ na wo vavã o.

Ðe mɔ nam mada akpe na wò ɖe nunana tɔxɛ si nètsɔ na amegbetɔƒomea ta.

Vladimir Khachaturian, 38 Aboviatɔwo ƒe Erevan Kɔkɔe.

*** .

Kristmas gbedasi tso ɖetugbui aɖe gbɔ le Moscow :

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Moscow, Dzove 20 lia, 1964. Eƒe dukɔ nye [United States of America].

Aƒetɔ Aterhov lɔlɔ̃tɔ, .

Enye dzidzɔ nam be meɖo ɣeyiɣia ƒe gbedonamewo ɖe mi, tsɔ kpe ɖe nye ŋutɔ nye akpedada kple nye didi nyuitɔwo ŋu ɖe miaƒe dɔ gã kple amegbetɔ ƒe kpekpeɖeŋunadɔ gã la ƒe aʋadziɖuɖu ta.

Wò yomedzela, si haya tso eƒe dzidɔ si nu sẽ ɣeyiɣi didi aɖe la me.

Emegbe la, egblɔ eƒe ŋutinya bliboa le lɛta si ƒe axa ewo le me dɔléle kple hayahaya, siwo ƒe kpukpui siwo gbɔna nye:

Dzove 31, 1965:

Metrɔ ɖe nuɖuɖu ƒuƒu ŋu le November, 1963. Tso ɣemaɣi la, metrɔe ɖikeke aɖeke menɔ eŋu kpɔ o. Le ŋkeke mawo me la, dzidɔ nɔ ŋunye xoxo si xɔ ƒe enyi.

Gake mina madze egɔme tso gɔmedzedzea me ke. Esi mexɔ ƒe enyi alo enyi tsitsi la, ƒunukpeƒetetedɔ aɖe dze dzinye. Le ema megbe abe zi ewo ene le ƒea me la, mexɔa aɖuɖɔtoedɔ, asrã kple dzamezã le nɔnɔme ɖesiaɖe me, si zi geɖe xɔa ŋkeke ade va ɖo ewo. Vivivi la, tonsillitis si nɔa anyi didi va do mo ɖa. Esi mexɔ ƒe wuiene la, ɖɔktawo ke ɖe mitral valve ƒe abi ŋu le nye dzi me eye emegbe wokpɔ dzitodzito me dɔléle. Esi mexɔ ƒe wuiatɔ̃ la, woɖe nye lãkusiwo ɖa. Dzi ƒe vevesese, ahɔhɔ̃mekawo ƒe dɔléle, gbɔdzɔgbɔdzɔ kple alɔ̃madɔmadɔ nɔ fu ɖem nam ɣesiaɣi. Alɔ̃ kpui si kplɔ gaƒoƒo geɖe ƒe funyafunyawɔwɔ ame ɖo la nye drɔ̃e baɖa dziŋɔwo. Esi mefɔ le zã me la, mevɔ̃na na viviti la. Le nusianu me la, tsã la, menɔa aba dzi ɣleti etɔ̃ alo ene le ƒea me. Esesẽ nam ŋutɔ be melia atrakpui ɖeka; Azɔlizɔzɔ, kamedede, tsiƒuƒu, mɔzɔzɔ, nuxexlẽ, kple vivisese kple modzakaɖeɖe bubu geɖe meganɔa ŋunye ɣesiaɣi o.

Ðɔktawo ƒe dzikpɔkpɔ te menɔa anyi ɣesiaɣi. Tsã la, ‘wodaa gbe le ŋunye to mɔnu siwo nye pyramidon, aspirin, dɔlékuiwutikewo, vevesesenutsitikewo, ʊukawo kekeɖenudɔlékuiwo, alɔ̃dɔdɔ kple atike bubu siwo sɔ kplii. Nye nugbagbevi la yi edzi nɔ tsitre tsim ɖe eŋu le

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mɔ wɔnuku aɖe si tsi tre ɖe afɔɖeɖe mawo ŋu eye nye nɔnɔmea va nɔ sesẽm ɖe edzi vivivi. Esi meka ɖe edzi be atike mawo mewɔa dɔ nyuie o ta la, meɖe asi le wo katã ŋu mlɔeba.

Taflatse tsɔe kem be metsɔ miniti ma tɔgbe xɔ wò susu emenuwo. Edze nam be adzɔ dzi na wò, vevietɔ esi tɔtrɔa va le mɔ wɔnuku aɖe nu. Meɖe asi le nuɖuɖu siwo woɖa ŋu sesẽ aɖeke manɔmee. Nunyiame ƒuƒu nyɔ seselelãme vivi aɖe le menye be ememe kɔ eye nyemele bɔbɔe. Le zã ɖeka kloe me la, nye dzi megatsi dzimaɖi o. Togbɔ be tsã la, mesea veve le dzia ƒe nuto me menye zi ɖeka ko le kwasiɖa me o, ke boŋ GBESIAGBE kloe eye be hena GAƑOƑO GEĐEWO hã la, le nye nuɖuɖu ƒuƒu ƒe ƒe gbãtɔ me la, nyemetsɔa nye aba dzi ŋkeke ɖeka pɛ hã o , eye vevesese siwo nɔ nye dzi me la se ɖe afi ade va ɖo enyi ƔEYIƔI ƔEYIƔI ƒe vevesese siwo meɖea vi boo aɖeke o.
Ƒe ɖeka kple afã enye sia la, dzamezã alo vuvɔ medze dzinye ĐEKAKE o. Le ɣleti gbãtɔawo tututu me la, nye taɖuame nu yi KEKE. Gake nukunu gãtɔ kekeake si mewɔe nye nyateƒe si wònye be medze alɔ̃dɔdɔ gɔme le Aɖabaƒoƒo ʋee aɖewo me tso esime mexɔ dzudzɔ le dɔme yi ɖamlɔ anyi. Nye ŋutete be mawɔ dɔ dzi ɖe edzi; nye tsãtɔ ƒe kaka, dzitsitsi ƒe teteɖeanyi kple dzikudodo nu yi.

Le adame la, mezɔ mɔ yi Armenia eye mewɔ dɔ le `Matenadaran' (Asinuŋɔŋlɔgbalẽwo Dzraɖoƒe). Dzidzɔ ka gbegbee nye si wònye be woazɔ kilometa blaeve vɔ atɔ̃ va ɖo blaetɔ̃ gbesiagbe le towo dzi eye emegbe woatrɔ ayi aƒeme kple dzadzraɖo blibo be yewoagbugbɔ fefea awɔ zi ɖeka. Mezu amegbetɔ si le ablɔɖe me, amesi dzɔdzɔme xɔ ɖe eƒe akɔnu mlɔeba. Esia nye dzidzɔ gã aɖe vavã, si ta medi be maɖe nye akpedada tso dzime afia ake.

Moscow, 16th August, 1965. Nye lãmesẽ yi edzi le nusianu nam dzidzemekpɔkpɔ, vevietɔ esi nye nugbagbevi do dzi le dodokpɔ sesẽ ŋutɔ siwo nye susu kple dzimaɖitsitsi ƒe teteɖeanyi (ʋusɔgbɔdɔ), kpakple ŋutilã me ɖeɖiteameŋu gã aɖe si me meto le todzimɔzɔzɔwo me ta.

Eteƒe madidi o mawu nye nuɖuɖu ƒuƒu ƒe ƒe evelia nu. Nyemate ŋu abu eŋu gbeɖe be maɖe asi le nuɖuɖu ƒuƒu ŋu o. Nyabiase siwo mebia mi la nye numekɔkɔ ta ko eye mele be woawɔ wo ɖe eme o

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wòe ɖikeke suetɔ kekeake le nye etsɔme ŋu. Ƒo wo katã ta la, le gonyeme la, nyabiasea ƒe ŋutilã me akpawo mele vevie boo o wu gbɔgbɔme gɔmeɖoanyi siwo li ke ɣesiaɣi eye womeʋãna o.

Olga Kerenskaya, 3Frounze Moscow Kɔkɔe.

*** .

Esi wònye be nye agbalẽwo kpɔkpɔ mele bɔbɔe le Soviet Union o ta la, amesiwo ka ɖe edzi be woɖua nu xoxowo le afima ɖea nye agbalẽwo ƒe kpukpuiwo gɔme ɖe Russiagbe me eye womaa woƒe kɔpi siwo wogbugbɔ ŋlɔ ɖe wo xɔlɔ̃wo Emegbe ame geɖe srɔ̃a nya kpui mawo tso wo nɔewo gbɔ. Lɛta didi aɖe si Russia nyɔnu tsitsi aɖe si le Moscow nutoa me ŋlɔ la ƒe akpa aɖee nye esi:

Khimki , Afɔfiɛ 25, 1965.

Nyemate ŋu agblɔ nya siwo sɔ o alo ne míagblɔe tututu la, nyemete ŋu le nya siwo sɔ la kpɔm o si matsɔ aɖe nye akpedada si seɖoƒe meli na o afia mi. Teƒeɖoɖo aɖeke meli le xexe sia me si dze be wòaɖo wò dɔ kɔkɔe la teƒe na ameƒomea ƒe ŋutilã kple luʋɔ, wò 'NUÐUÐU GBƆGBƆ' ƒe ɖeɖekpɔkpɔ o. Mebɔbɔ ɖe ŋkuwòme eye menye le ŋkuwòme ɖeɖeko o, ke boŋ le amesi tsɔ lãmesẽ ŋuti nuɖaɖa xɔasi sia vɛ nam hã ŋkume, si me kpukpui geɖe siwo woɖe tso wò agbalẽa me le. Nye ŋutɔ nyemekpɔ dzɔgbenyuie be mekpɔ miaƒe agbalẽa o. Xɔ̃nye — si nye nufiala tsã — .
meɖe wo tso wò agbalẽa me tẽ o, ke boŋ tso exɔlɔ̃ aɖe ƒe nuŋlɔɖigbalẽ aɖe me — si hã nye nufiala tsã, eye aƒenɔ siae le fli siawo ŋlɔm na wò fifia, elabena nye ŋutɔ nye ŋkuwo mekpɔa nu nyuie o. Mete ŋu kpɔa nu kple ŋku ɖeka ko eye be to nukpɔkpɔ si lolona ƒe kpekpeɖeŋu me la, ne menye nenema o la, ɖe wòle be mada akpe na mi ŋutɔ do ŋgɔ hafi.

Medze nye dɔwɔwɔ gɔme le February ƒe ŋkeke 15 lia dzi eye tso ɣemaɣi la, nyemeɖu nuɖuɖu aɖeke si woɖa o, abolo gɔ̃ hã... Maxɔ ƒe blaasieke le August 15, 1966. Ŋusẽ le ŋunye wu xɔ̃nyewo katã, eye nyateƒenya sia ɖo kpe edzi to bubuwo hã.

Karpovna Maria Ivanovna, Fevralskaya Mɔdodo 12, Khimca.

Machine Translated by Google

*** .

Sundsvall, Afɔfiɛ 12, 1965.

Aƒetɔ Hovannessian lɔlɔ̃tɔ, .

Daɖia kple srɔ̃a, amesiwo nye ɖɔktawo le Yerevan, siwo ŋkɔe nye Danielian, ŋlɔ agbalẽ nam be yewokpɔ viɖe geɖe tso miaƒe aɖaŋuɖoɖowo me eye woxlɔ̃ num vividoɖameŋutɔe be mawɔ miaƒe nunyiame kple dɔyɔyɔ ƒe mɔnu. Eyata le nye tɔtrɔ me la, madi be mabia be àte ŋu aɖo wò dɔ si ƒe tanyae nye 'Raw-Eating' ƒe kɔpi ɖem hã, si ta meda akpe na wò do ŋgɔ.

Nyɔnuwo ƒe dɔléleŋutinunyalae menye tso Istanbul. Ƒe eve mamlɛawoe nye sia si mewɔe nɔ dɔ wɔm le kɔdzi aɖe le Sundsvall, Sweden. Enye ɖetsɔleme kple dada gã aɖe be maxlẽ wò agbalẽa kple wò mɔfiamewo, siwo me ame geɖe kpɔ viɖe geɖe tsoe xoxo."

Ðɔkta Shabuh Sedikian, si le Länslasarette, Sundsvall, Suède, kple Ðɔkta.

*** .

Moscow, November 19, 1966, ƒe 1966.

Aƒetɔ Aterhov lɔlɔ̃tɔ, .

Alesi miaƒe susuwo me kɔ eye wole bɔbɔe la do dzidzɔ nam nukutɔe. Ðe wòanya wɔ ŋutɔŋutɔ be woaɖe nu gã aɖe si ŋu woke ɖo alea me le mɔ bɔbɔe sia nua? 'Oo amegbetɔ! Dzɔdzɔmenuwo tsɔ nuɖuɖu ƒuƒu wɔ wò kple wò lãmenugbagbeviwo hetsɔ wo nyi wo. Zi alesi mènya lãmenugbagbevi mawo ƒe wɔwɔme kple woƒe dɔwɔwɔ nyuie o ko la, mègatsɔ nu vovovo siwo mele dzɔdzɔme nu o, siwo me aɖi le, atɔtɔ woƒe dɔwɔwɔ o.

Mía kple srɔ̃nye siaa míenye sukunuwuwu ƒe sukuviwo. Nyee nye dzɔdzɔmeŋusẽŋununyala eye eya hã nye atikewɔla.

Míetsɔ ɖe le miaƒe dɔwɔwɔ me vevie...

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*** .

Jermook, March 6, 1966, ƒe 1966.

Do gbe na wò, Oo dzɔdzɔmeŋutinunyalawo ƒe dzɔdzɔmeŋutinunyala! Do gbe na wò, Oo amegbetɔƒomea ƒe nufiala!

Nyee nye ɖɔkta ƒe kpeɖeŋutɔ le Lãmesẽ Modzakaɖeƒe si le Jermook le Armenia. Mele nuɖuɖu ƒuƒu srɔ̃m tso November 4, 1965 dzi, elabena miaƒe agbalẽa na meka ɖe edzi. Meka ɖe edzi be mɔnu si miekakana la ada gbe le ŋunye. Tso ƒe 1947 me la, ƒunukpeƒeteteɖɔ, ƒunukpeƒeteteɖɔ kple ʊuka siwo me ʊu sina tona ƒe dɔlélewo nɔ fu ɖem nam. Tso ƒe 1963 me la, nye lãmesẽ gagblẽ ɖe edzi, le ayiku ƒe dɔdzẽ sesẽ aɖe si me mete ŋu kpɔ gbɔdzɔe ƒe akpa aɖe ko tsoe to akɔɖu ɖuɖu me ta.

Tso ŋkeke adelia si dzi meɖu nu ƒuƒuwo dzi la, mese veve sesẽwo le nye ƒunukpeƒewo, gake wodzudzɔ emegbe... Le nuwɔna siwo dzɔ ɖe nuɖuɖu ƒuƒu ŋu me la, nyemekpɔ ƒunukpeƒewo ƒe vuvu si kpe ɖe ƒunukpeƒeteteɖɔ ƒe amedzidzedze ɖesiaɖe ŋu tsã o. Eye nyemekpe fu le asrã kple tsidzadza ƒe paroxysms siwo dzena tsã ɣesiaɣi si nye ayiku ƒe nɔnɔmea nu sẽ ɖe edzi o. Fifia alɔ̃dɔdɔ nyuie ŋutɔŋutɔ doa dzidzɔ nam eye nye dzi ƒe tsotso ɖiɖi tso 120-140 va ɖo 90- 140.
100 ƒoƒo le miniti ɖeka me (le nɔnɔme siwo me teteɖeanyi le me). Zã me vevesese siwo nɔa nye dzi me, nye ta ƒe ʊuʊudedi kple fifia si nɔa nye afɔwo ŋu la megali o. Nye kpekpeme dzi ɖe kpɔtɔ kilo atɔ̃ xoxo eye nye lãmekawo ƒe vevesesewo nu yi. Mesena le ɖokuinye me be nye lãme sẽ ŋutɔ eye nye ŋusẽ nɔa dzidzim ɖe edzi.

Srɔ̃nye kple vinyeŋutsuvi si xɔ ƒe ade hã, le nuɖuɖu ƒuƒu xɔm. Mahe vinyeŋutsu etɔ̃lia — si xɔ ɣleti ɖeka fifia — abe alesi nèhe viwònyɔnu Anahit ene.

Nye nufiala lɔlɔ̃a, mewɔ dɔ abe ɖɔkta ƒe kpeɖeŋutɔ ene na ƒe wuiatɔ̃ eye fifia esi mexɔ ƒe blaetɔ̃ vɔ adre la, mele lɛtaŋɔŋlɔ ƒe nusɔsrɔ̃ aɖe wu ge le Nufialawo ƒe Dɔwɔƒe. Ke hã miaƒe agbalẽa mee mekpɔ ŋuɖoɖo na xexlẽme aɖewo mlɔeba le

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kuxi siwo le fu ɖem nam ɣeyiyi didi aɖee nye sia — ŋuɖoɖo siwo nyemete ŋu kpɔ le teƒe bubu aɖeke o. "Kuxi mawo dometɔ ɖekae nye nusita vidzĩwo mete ŋu zɔna abe lã bubuwo ƒe viwo ene tso wo dzidzi ƒe ŋkeke gbãtɔ dzi o. Meka ɖe edzi azɔ be nusi gbɔ esia tso kple ŋutilã ƒe gbɔdzɔgbɔdzɔ bubu geɖe siwo le ɖeviwo ŋu lae nye be woadi le esiwo woɖa me." nuɖuɖu siwo wo dzilawo kple tɔgbuiwo ɖu.Le nye nukpɔsusu nu la, le dzidzime etɔ̃ alo ene siwo ɖua nuɖuɖu ƒuƒuwo megbe la, woaɖe nɔnɔme madeamedzi mawo katã ɖa.

Đɔkta Vachagan Gasparian, si tso Jermuk, si le Armenia.

*** .

Nɔvinyenyɔnu tsitsitɔ le Yerevan. Meɖoa agbalẽvi gãwo ɖee edziedzi ƒe agbalẽwo, siwo wòtsɔna naa amesiwo dze dɔ vevie alo amesiwo ka ɖe edzi be woɖua nu ƒuƒuwo. Eƒe lɛta gbogboawo me nya ʋɛ aɖewoe nye esi:

“Nye lɔlɔ̃tɔ Arshavir, menya be lɛta sia ana nàkpɔ dzidzɔ ŋutɔ. Nuɖuɖu ƒuƒu le ŋgɔ yim kabakaba le Yerevan kple nuto bubuwo siaa me. Ŋkeke ɖeka pɛ hã meva yina ame aɖeke meƒoa ka alo va srãam kpɔ o. Wova be yewoadi aɖaŋuɖoɖo alo abia agbalẽwo. Metsɔa miaƒe agbalẽwo naa amesiwo hiã tu ŋutɔŋutɔ. Agbalẽwo didi seɖoƒe meli na o, eye wotoa asi me yia asi me eye eteƒe medidina hafi woɖea wo dzi kpɔtɔna o. Metsi dzi vevie ɖe wò numame si nye be nàɖo agbalẽwo ɖe amesiwo katã biaa nu femaxee la ta. Aleke nàwɔ atsɔ gazazã siwo gbãa dzi na ame alea?

Màte ŋu akpɔ dɔnɔ agbɔsɔsɔme si wodaa gbe le to nuɖuɖu ƒuƒu me o, amesiwo da akpe na wò ŋutɔŋutɔ o. Ame siwo le afisia la katã nye amegbetɔ ƒe kpekpeɖeŋunalawo abe wò ene. Ne ame aɖe gakpɔ eƒe lãmesẽ si bu la ko la, etsɔa dɔ si nye be wòada dɔ na eƒe ƒometɔ siwo dze dɔ eye wòtoa esia me la, ame atɔ̃ alo ade bubuwo hayana tso dɔléle sesẽwo me. Emegbe wovaa gbɔnye hegblɔa woƒe nuteƒekpɔkpɔwo. Ame siwo mete ŋu ʋã afɔ ɖeka pɛ hã o la te ŋu zɔa afɔ kilometa gbogbo aɖewo fifia.

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Dɔnɔ mawo dometɔ ɖeka nɔ asiwo ƒe ʊuʊu nɔ fu ɖem nɛ kpɔ kple afɔ ƒe blaeve, eye eƒe kpekpeme mede kilogram 115 o.
Esi wòxɔ nuɖuɖu ƒuƒu vɔ la, eƒe kpekpeme ɖiɖi kilogram 10 le ŋkeke 20 me. Via gblɔ be, 'Fofonye, si mete ŋu ʊãa asiwo kple afɔ tsã o la, le zɔzɔm abe ɖevi ene fifia.' Woyra wò kple Anahit ɣesiaɣi.
Dɔnɔ bubu aɖe hã nɔ fu kpem le eƒe gbeɖiɖi ƒe lãkusiwo me, eye eƒe gbe bu keŋkeŋ kloe. Fifia eƒe lãmesẽ gaɖo eŋu keŋkeŋ le nuɖuɖu ƒuƒu si wòɖu ɣleti ɖeka kple afã pɛ ko megbe.
Le afisia hã la, ɖekakpui aɖe si xɔ ƒe 28 ƒe ayikuwo vuvu, eye tsi si nɔ dodom le eƒe ŋutilã bliboa me kpe ɖe eŋu. Eƒe nɔnɔmea nu sẽ ale gbegbe be wogblẽ mɔkpɔkpɔ ɖesiaɖe ɖi nɛ, gake fifia eƒe lãme sẽ ŋutɔ le nuɖuɖu ƒuƒu ta. Nya mawo tɔgbe geɖe li ale gbegbe be manya wɔ kura be woaŋlɔ nu tso wo katã ŋu o. Le woawo ŋutɔ ƒe akɔntabubu nu la, le Yerevan ɖeɖe dzaa la, amesiwo ɖua nu ƒuƒu 2,500 ye li fifia, eye wo dometɔ geɖe dze dɔ vevie ɣeyiɣi didi aɖee nye sia, gake fifia wole lãmesẽ deblibo me. Wodaa gbe le amewo ŋu tso dzidɔ, dzetsi, ʊusɔgbɔdɔ, dɔgbo me abi, ayiku, aklã kple aɖuɖɔtoe ƒe dɔdzẽ, akɔta kple dɔléle sesẽ ŋutɔ bubu geɖewo me.

Nye ŋutɔ medze dɔ vevie. Ʊusɔgbɔdɔ nɔ ŋunye eye towo nɔ ɖiɖim eye aklã me dɔdzẽ nɔ ŋunye. Tsã la, ʊu nɔ dodom le nye ŋɔti me zi eve alo zi etɔ̃ gbesiagbe, mesena le ɖokuinye me be megbɔdzɔ eye medɔa alɔ̃ nyuie. Nye dzi nɔ nɔnɔme gbegblẽ me ale gbegbe be zã sia zã la, mebiaa ɖokuinye be ɖe wòle be magakpɔ ŋkeke ƒe keklẽ ake hã. Gake fifia medɔa alɔ̃ kabakaba ale gbegbe be nyemesea ƒomea yia dɔme le ŋdi me o. Nyateƒee, wotsia dzimaɖi ɣeaɖewoɣi ne mefɔ tsi megbe akpa, eye wosususna be anya nɔ dɔ lém. Meɖe lãme nam ŋutɔ eye aleke kee mezɔ o, ɖeɖi mete ŋunye o--ewɔ nuku na amesiame ŋutɔ.

Nuɖula siwo ɖua nu ƒuƒuwo tua xɔlɔ̃wɔwɔ ƒe ƒomedodo ɖo kple wo nɔewo. Gbeɖeka fiẽ la, wokpem va Kolosetɔwo ƒe aƒeme. (Aƒetɔ Colozian nye nutala xoxo aɖe le Yerevan. Eƒe ƒomea ƒe ŋutinya doa dzidzɔ na ame ŋutɔ vavã. Eya ŋutɔ hã nɔ dɔgboa me abi si nɔa anyi didi, si kpe ɖe ʊudodo ŋu. Egbe be yemaxɔ atike le

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kɔdzi la, etrɔ dɛ nuɖuɖu ƒuƒu ŋu eye wòhaya keŋkeŋ tso eƒe dɔlélea me. Dɔlékui aɖe si woyɔna be fungus (blastomycosis) nɔ srɔ̃a ŋu. Le ɣleti ene ƒe nuɖuɖu ƒuƒu megbe la, eƒe ɖawo te tsitsi eye eƒe kɔdzidɔ nu yi. Wo vinyɔnua ɖe srɔ̃, to eƒe fufɔfɔ dzi le nuɖuɖu ƒuƒu dzi eye wòdzi via ʋu aɖeke megale eŋu o, fifia ele via hem le nunyiame ƒuƒu dzi.)

Nuɖula blibo blaetɔ̃ vɔ eve nɔ anyi, tsɔ kpe ɖe woawo ŋutɔ tɔ ŋu ƒome si me ame ene le. Nyawo mete ŋu ɖɔ alesi woxɔm nyuie tso wo gbɔ o. Woɖa kplɔ̃ dzeanitɔ kekeake eye wònye atsyɔ̃ɖoɖo, si me sabala ƒuƒu siwo vivina, tart ƒuƒu ƒomevi atɔ̃ alo ade siwo vivi ŋutɔ, siwo dometɔ ɖeka tsɔ ŋkɔ na be Anahit, si nye Indiatɔwo ƒe bli ƒe `pilau' tɔxɛ aɖe si wotsɔ atikutsetse ƒuƒu siwo wotsɔ tsi ƒoe ɖo atsyɔ̃ na, . kple atikutsetse kple nuku yeye ƒomevi ɖesiaɖe. Le eƒe nuwuwu la, wotsɔ nuɖuɖu vivi aɖe si me lu, oats, walnuts, waintsetse ƒuƒu tsakatsaka le vɛ.

Amedzroawo katã nye ɖɔktawo, nutalawo, hadzilawo kple nufialawo. Wo ƒo nuƒo geɖe. Mlɔeba eva dze be enye Aƒetɔ Kple Aƒenɔ Colozian ƒe srɔ̃ɖeɖe ƒe ƒe blaetɔ̃lia.

Ðɔkta gbogbo aɖewo va zu nu ɖulawo. Ðekakpui ɖɔkta aɖe kple srɔ̃a, si hã nye ɖɔkta, va kpɔm tso Lãmesẽfefewɔƒe si le Jermook. Wogblɔ nam be dɔnɔ blaene va ɖo blaatɔ̃ le yewo si gbesiagbe, eye wo katã hiã miaƒe agbalẽwo. Woka ɖe edzi nam be miaƒe agbalẽwo didi ate ŋu ade akpe geɖe. Ðɔkta si le Spitak ƒo nuƒo aɖe tso kolera ŋu, eye le eƒe nuwuwu la, eƒo nu tso nuɖuɖu ƒuƒu ŋu eye wòɖo aɖaŋu na eƒe nyaselawo be woaxɔ miaƒe agbalẽa ƒe ɖeka eye ne woxlẽe nyuie vɔ la, woatsɔ eƒe aɖaŋuɖoɖowo ade dɔwɔwɔ me.

Ðɔkta bubume aɖe si xɔ ƒe blaade vɔ ene tso Kirovakan va gbɔnye. Egblɔ nam be yedze dɔ vevie, gake ye kple ye srɔ̃ yexɔ nuɖuɖu ƒuƒu ƒe ɖeka kple edzivɔe nye sia eye esia wɔe be yeƒe lãmesẽ gaɖo ye ŋu.
Egblɔ nam hã be Nunyiame Ŋuti Dzadzɛnyenye ƒe Zimenɔla le Yerevan Atikewɔwɔ Ŋuti Nusrɔ̃ƒe ƒe Dɔdzikpɔla, Ðɔkta A.
Harootiunian, * ƒo nuƒo aɖe le Kirovakan le ɖɔktawo, dɔnɔwo kple ƒo wo katã ta la, amesiwo ɖua nu ƒuƒuwo ŋkume. Le nuƒoa ƒe nuwuwu la, .

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nya si ku ɖe nuɖuɖu ƒuƒu ɖuɖu ŋu va do mo ɖa be woaƒo nu tso eŋu. Nuɖula ƒuƒu geɖe, siwo mlɔ kɔdzi ɣleti geɖe evɔ naneke metso eme o eye fifia woda gbe le wo ŋu to nuɖuɖu ƒuƒu me la bia be woalé ŋku ɖe yewoƒe kɔdzi nuŋlɔɖiwo ŋu ahatsɔ wo asɔ kple nɔnɔme si me wole fifia wòasɔ. Wodi hã be yewoanya nusita nuƒola la ɖe ɖeklemi nuɖuɖu ƒuƒu le dutoƒo evɔ medzro nyateƒenya siwo sɔ me o. Nuɖula ƒuƒuawo dometɔ ɖeka tsi tre gɔ̃ hã bia Kirovakan ɖɔktaa be ekpɔ ye dze sii hã. Esi wòxɔ ŋuɖoɖo manyomanyo aɖe la, eyi edzi be: 'Nyee nye dɔnɔ si ƒe nya nèbu be mɔkpɔkpɔ aɖeke mele eŋu kura o eye nèɖe asi le eŋu le wò kɔdzi be yeaku le aƒeme. Eye egbea, le nuɖuɖu ƒuƒu ta la, mele lãmesẽ blibo me.' Ðɔkta la tsi tre ɖi mumu."

Siranoush Babakhanian, si xɔ ƒe 33 le Poushkini, Erevan.

*Ŋutsu sia (Harootiunian) tsɔ nyati aɖe de a nyadzɔdzɔgbalẽ si woyɔna be "Kɔmiunisttɔ"!! si wota ɖe Yerevan (ƒe 1964, No. 17I), si me esi womegbe viɖe siwo le nuɖuɖu ƒuƒu me keŋkeŋ o! Eɖo seɖoƒe na eƒe zazã ɖe dɔléle aɖewo ƒe ame ʊɛ aɖewo ko ŋu, eye le ɣeyiɣi ma ke me la, ekafu lãwo ƒe protein siwo gblẽa nu le ame ŋu kple vitamin siwo wowɔ kple asi. Mlɔeba la, exlɔ̃ nu eƒe nuxlẽlawo be woagaɖu dzɔdzɔmenuɖuɖuwo ɖɔkta ƒe aɖaŋuɖoɖo manɔmee o. Metsɔ ŋuɖoɖo sesẽ aɖe na nya siawo xoxo le nye Armeniagbe me dɔ si ƒe tanyae nye "Along the Paths of Raw-eating" me.

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Aƒenɔ sia nye Armeniatɔ hadzila xɔŋkɔ (Ofelia) lɔ̃xoyɔvi Hambardzumyan), nyɔnu si si nunya le ŋutɔ si ŋlɔ lɛta wuietɔ̃ nam vaseɖe fifia la, mayɔ wo dometɔ aɖewo ale:

November 20, 1966, ƒe 1966:

Aƒetɔ Hovannessian lɔlɔ̃tɔ, .

"Ɣleti eve kloe enye sia la, mexlẽ miaƒe nuɖuɖu ƒuƒu gbalẽ, si wodo nam ŋkeke ɖeka pɛ ko, kple dzidzɔ, dzonɔameme kple vivisese, nya ɖe nya nu, ale gbegbe be nuŋlɔti la mete ŋu ɖɔnɛ o eye mete ŋu ɖɔnɛ o. Tsã la, Menɔ ŋkuagbãtɔ

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si nɔ du dzi ɖo ta ku gbɔ, eye alakpa ŋutilã ƒe dzesi nɔ nye mo ŋu ƒe geɖe. Gake ebu kaba le nuɖuɖu ƒuƒu ɖuɖu me.

Nyemewu wò agbalẽ si me aɖaŋu le la xexlẽ nu haɖe o, esime meɖo nuɖuɖu kple atike ƒe aŋetu siwo woɖa kple atikekui siwo katã womeɖe ɖe vovo tso gbɔnye gbeɖe o la ɖe gbeɖuɖɔgoe. Enye nye dzigbezã 61 lia esi mexɔ nunana sia tso gbɔwò eye meɖoe be manye vegan ƒuƒu. Nyemaŋlɔ ŋkeke sia be gbeɖe o; Àte ŋu asusu tɔtrɔ siwo va nye ŋutilã si gblẽ la me nyuie ŋutɔ. Le ƒe siwo va yi me, le dɔléle vovovowo ƒe nyaƒoɖeamenu ta la, menɔ agbe si me kuxiwo nɔ. Vevietɔ quater ƒe dɔléle si naa gbɔgbɔtsixe tsia ame ƒo kple sciatica si womate ŋu ado dzi atsɔ o la fi alɔ̃ le asinye. Esi woɖe asi le ŋunye tso dɔlélewo ƒe asiléle vɔ̃dzi me vɔ la, meva zu ame dovevienu, sesẽ kple ame sesẽ eye meƒua du nɔa tsatsam abe gbetedzi ene ŋkeke bliboa. Nyemekpɔa nya siwo matsɔ aɖe nye akpedada a

Taflatse xɔ xɔ̃wò aɖe si le didiƒe ʊĩ si dada be yeƒe mamlɛtɔ ŋkɔa sɔ kple tɔwò (Ter Hovannessian). Fifia nyemate ŋu anɔ te ɖe alesi amewo tsɔa aɖinuwo dea woƒe ŋutilã me oa? Mekpea fu ne meɖo ŋku alesi, le manyamanya ta, mekpea nye lɔlɔ̃tɔwo vaa nye aƒeme tsã eye metsɔa nye ŋutɔ nye asiwo naa nu siwo woɖa la wo dzi.

Hafi maɖu nu ƒuƒu la nye dzi ƒe tsotso na menya be ʊusɔgbɔdɔ aɖe, si le nye nukpɔsusu nu la, wobuna be enye ku si vivina eye wòle bɔbɔe, Gake fifia medi be manɔ agbe axlẽ nu kple nye ŋutɔ nye ŋkuwo eye mase kple nye ŋutɔ nye to be nɔvinyeŋutsu ƒe ŋkɔ le xexeame katã ƒe gbegbɔgblɔwo. Nunya le wò dɔwɔwɔ me, ele be woagbã nuɖuɖu si woɖa la, aʋadziɖuɖu ɜava gbɔwò.

Afɔfiɛ 2, 1967:

"Fifia lãmesẽ blibo kple nudzedziname, abe amegbetɔ ŋutɔŋutɔ ene, medɔ." wò nye lɛta etɔ̃lia. Nye dzi ƒe seselelãmewo sɔ gbɔ ale gbegbe be nyemete ŋu ŋlɔa wo ɖe pepa dzi o; Menyi nye lãmesẽ si li fifia ƒe fe le ŋuwò Oo ameƒomea xɔla, Oo nɔvinye lɔlɔ̃a, ɖe mate ŋu ayɔ wò be nɔvinyea?

Esi nyemexɔ ŋuɖoɖo tso gbɔwò le nye lɛta eve siwo meŋlɔ va yi ta o la, medo miaƒe agbalẽ gã la tso xɔ̃nyewo gbɔ eye meŋlɔ wo katã ɖe nuŋlɔɖigbalẽ ɣi etɔ̃ me. Fifia kɔpi sia le asi trɔm. Emegbe la, meva kpɔe be mieɖo agbalẽwo kple lɛtawo ɖem, gake womeɖo gbɔnye o.

Le afisia la, veganism ƒuƒu dzixɔselawo ƒe xexlẽme le dzidzim ɖe edzi gbesiagbe ŋkeke; Ðɔktawo hã le wo dome. Wo dometɔ akpa gãtɔ vaa gbɔnye hena

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biabia aɖewo, medoa nuɖuɖu ƒuƒu ɖe ŋgɔ; Mewɔa abolo, halvah, salad kple dolmeh ƒuƒu eye mefiaa wo amewo, metaa woƒe mɔfiamewo hemaa wo ɖe amewo dome, meŋlɔa wò ŋkɔ ɖe aboloawo dzi kple waintsetse ƒuƒu; Meƒle abolo siawo dometɔ ɖeka na nɔviwònyɔnu. Efa avi, kpla asi kɔ nam hegblɔ be, "Tso egbea dzi la, míenye nɔvinyɔnu eve. Nye aƒea ƒe ʊɔtru ʊuna na wò ɣesiaɣi." Etsɔ wò agbalẽa ƒe babla evelia nam.

Zi geɖe la, medoa go nɔviwònyɔnu, xlẽa wò lɛtawo kple nuŋlɔɖiwo, meléa ŋku ɖe wo ŋu fotoawo, metsɔ vevesesẽeamenu gã aɖe kpɔ mia vi eve siwo nuɖuɖu siwo "do ŋusẽ" kple atike "siwo wɔa dɔ nyuie" gblẽ la ƒe fotowo; Wotsɔ wo sa vɔe, gake egbea boŋ la, woɖe ame akpe geɖe tso ku aɖewo me eye woɖoa gbedonamewo ɖa tsɔ ɖoa ŋku wo dzi. Nunyala gã siwo nɔ anyi va yi la gblẽ woƒe dɔwo ɖi womewu enu o le nuɖuɖu kple atike sia ƒomevi ta eye wotsrɔ̃... eye wò koe ɖe nya ɣaɣla sia ɖe go. Aɖe nanye mumu si tsɔ dzideƒo gbe nyateƒenya siawo.

Azɔ na maƒo nu tso ɖokuinye ŋu vie. Mesusu be adzɔ dzi na ame be mianya alesi menɔ hafi medze nuɖuɖu ƒuƒu gɔme kple alesi mele fifia. Mexɔ ƒe wuiadre esime nye akɔta ƒe ɖusime nɔ veve sem vevie. Ðɔktaawo mete ŋu se nusi gbɔ wòtso gɔme o eye ɖeko wòna nye dzi meɖe le ƒo le atikewo kple asisisi me o. Le ƒe ade megbe la, wokplɔm yi kɔdzi mlɔeba henɔ kukum. Eva dze be kpe kple ʊuʊudedi yɔ nye ɖusi ayiku me fũ. Nufialagã si wɔ dɔ nam nye ayiku la nye nunyala si ne ɖe wònɔ agbe la, anye ne asi eveawo ade asi nusiwo ŋu nèke ɖo la te; Egblɔ nam be ɖɔktawo ɖu wò ayiku ƒe afã le asisisi kple atike siwo gblẽa nu le ame ŋu ta eye wòko nu. Ede se nam be maŋlɔ lã, azi, atadi, tsi siwo me wodea amii kple nuɖuɖu siwo me dze le ɖuɖu be tegbee eye maɖu amagbe kple atikutsetse geɖe wu.

Mewɔ ɖe ɖoɖo sia dzi ƒe eve alo etɔ̃, esi nye lãme sẽ la, megadze nusianu ɖuɖu gɔme ake. Vivivi la, nye nuɖuɖudzroame dzi ɖe edzi eye nye kpekpeme dzi ɖe edzi gbesiagbe; Abe ame bubuwo ene la, mesusu be esia nye lãmesẽ ƒe dzesi, gake eva to vovo na ema. Gbã la, taɖuame sesẽ aɖe dze egɔme, emegbe nye afɔwo vuvu, eye esi mexɔ ƒe blaene vɔ ene la, wotsɔ dzɔdzɔme aɖuwo ɖɔ li aɖu siwo wowɔ kple asi. Nye ŋutilã ƒe kpekpeme ɖo kilo blaatɔ̃ vɔ eve; Gbɔgbɔ kpui aɖe, kɔdzidede atraɖii, dzi ƒe tsotso kple ƒodo si me ʊuʊudedi le ƒo xlãm. Emegbe la, goiter aɖe

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ƒo xlã nye kɔ abe azi sesẽ ene. Ðɔktawo di be yewoawɔ dɔ na yewo, gake nyegbe. Emegbe la, sciatica, ʊukawo ƒe ʊuʊu, ʊu ƒe sisi, ʊusɔgbɔdɔ, gout, kple bubuawo na nye ŋutilã bliboa gbɔdzɔ ale gbegbe be nyemete ŋu zɔna o.

Nye xɔa nɔ abe atikedzraƒe si me aspirin-tikewo, pyramiden, valocardin, milocardin, analgin, beloid, capodiazit kple aɖi bubuwo le, siwo nye nye nuɖuɖu ƒe afã. Ðɔktawo te ɖe dzinye eye esi amesiame gblɔ be dzesi siawo do ƒome kple tsitsi ta la, mesusu be nye agbe ƒe nuwuwu va ɖo. Xexe sia ti kɔ nam eye ɖeko medi be ʊusɔgbɔdɔ bɔbɔe aɖe nawu ŋukpe siawo nu. Meva susu me nam kpɔ be nukunu aɖe ate ŋu ado eye wòaɖem tso drɔ̃e baɖa sia me o. Gake wotsɔ esia kpe ɖe eŋu. Fifia abosam kilo wuiadre bu (lɛta ŋlɔla ŋlɔ be be yeƒe ŋutilã gbãtɔ ƒo lãmenugbagbevi yeye siwo le lãmesẽ me kilo wuiadre nu ƒu le nuɖuɖu ƒuƒu sia me, si fia be abosam ƒe kpekpeme menye kilo wuiadre o, ke boŋ kilo blaetɔ̃ vɔ ene eye ɖewohĩ esi wu nenema gɔ̃ hã) eye mezɔa mɔ tso dua ƒe nuwuwu ɖeka yia dua ƒe nuwuwu kemɛ kple kpekpeme ŋutɔŋutɔ si nye kilo blaade vɔ ene eye melia cognac dɔwɔƒea ƒe atrakpui 132 la kple agba kpekpewo yia nɔvinyenyɔnu vinyɔnu si le atikewɔƒea le afima gbɔ eye le esi dɔwɔlawo ta eye afima ƒe ɖɔktawo nya nu tso nɔnɔme si me menɔ tsã ŋu nyuie, ewɔ nuku na wo.

Vevietɔ ne woxɔ nye ʊu ƒe sisi eye wokpɔ wuietɔ̃ ɖe wuiade teƒe. Esia ana woatrɔ woƒe nukpɔsusu eye le nyateƒe me la, nyateƒea aɖu dzi. Meɖaa vegan nuɖuɖu vivi siwo womeɖa o le nye aƒeme eye metsɔnɛ yia wo gbɔ, woɖunɛ eye megblɔna be: "Hovannessian ɖoa eƒe agbalẽwo ɖe xexeame katã femaxee. Metsɔa nuɖuɖu ƒuƒu hã wɔa nu ɖe amewo ŋu, ɖua alesi nèdi." Mele dzidzɔkpɔkpɔ sia me ɣleti ewo enye sia...

Medi be magblɔ nya ʊɛ aɖewo tso nye aɖiɖeɖeɖa ŋu. Nye dɔlélewo ƒe vevesesea nu sẽ ale gbegbe be nyemese aɖiɖeɖeɖa ƒe nuwɔna gbãtɔwo le ɖokuinye me o, ɖeko zi alesi meɖu nu la, zi nenemae nyemete ŋu ɖua nu wòsu o. Dzĩ dzĩ aɖe do ɖe nye ŋutilã ƒe miame, si hã nɔ veve sem, gake eteƒe medidi o, eɖe ɖa. Nye ŋutigbalẽ ƒu le teƒe aɖewo, eƒo, eƒo ƒu eye wònyo ɖe edzi; Nye aɖuɖɔ ƒe amadede nyea dzĩ si klẽna ɣeaɖewoɣi eye ɣeaɖewoɣi la, enɔa ɣie eye wònɔa ɣie, gake fifia edze ƒã abe tsi ene. Taɖuame sesẽ ʊɛ aɖewo nɔ ŋunye siwo va nyo ɖe edzi le wo ɖokui si. Tso ŋkeke gbãtɔ si dzi meɖu nuɖuɖu ƒuƒuwo dzi la, meŋlɔ be be atike le xexe

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nye ɖa ɣia trɔ zu ɣie fifia eye wòle hayahayam va zu eƒe amadede gbãtɔ."

Lɛta No. 12 - May 7, 1971. Eƒe dukɔ nye [United States of America].

"Nya geɖewo le asinye ale gbegbe be nyemenya afisi madze egɔme tsoe kple afisi mawu enu le o. Gbeɖeka meyi kɔdzi hena dɔdzikpɔkpɔdɔ aɖewo, mekpɔ nyɔnu ɖɔkta aɖe wòlé wò agbalẽa ɖe asi, eye wòƒo ɖɔkta bubu geɖewo nu ƒu ƒo xlãe." eye wòtsɔ dzonɔameme ɖe alesi woɖe eƒe lɔ̃xoyɔvi tso ayikudɔléle sesẽwo me to veganism ƒuƒu me. Emegbe egblɔ be: "Ofelia Hambarsoumian lɔ̃xoyɔvi ƒe lɛta hã le agbalẽ sia me. " Edze abe ɖe wòwɔe ene. t nyam.Melé ŋku ɖe agbalẽa ŋu eye mekpɔe be enye agbalẽ ma ke si mede asi hetsɔ na amewo la ƒe fotokɔpi.Esi wò agbalẽa mebɔ kura o ta la, woawɔ fotokɔpi ale be ame geɖe nate ŋu azãe.Ne esia ɖɔkta de dzesim, ebia tso asinye be mayi dɔnɔ aɖe gbɔ gbeɖeka.Meyi gbesigbe míeɖɔe ɖo.

Dɔnɔ tsãtɔ si ŋkɔe nye Ozonian, si le lãmesẽ me keŋkeŋ fifia la, wɔ ɖoɖo ɖe kplɔ̃ɖoƒe gã aɖe ŋu; Enye lãwo ƒe dɔdala, srɔ̃a nye ɖɔkta, nɔvianutsu nye yunivɛsiti nufialagã, srɔ̃a hã nye ɖɔkta, nyadzɔdzɔŋlɔla geɖewo kple lã ɖula yeye aɖewo ƒo ƒu ɖekae. Ðɔkta Abajian tso Kirovakan, ge ɖe eme kple eyomedzela yeye geɖe siwo ɖua nuɖuɖu ƒuƒu.

Ozonian ŋlɔ lɛta ɖe wò adrɛs xoxoa ƒe ɖeka enye sia esime wòdze dɔ vevie, gake mesusu be meɖo gbɔwò o. Lɛta sia doa dzidzɔ na ame eye asixɔxɔ le eŋu ale gbegbe be mele eƒe kɔpi wɔm hele eɖom ɖe mi. Abe alesi nàte ŋu akpɔe le lɛtaa me ene la, edze dɔ ƒe ɖeka enye sia ale gbegbe be dzi ɖe le wo ƒo, gake fifia ele eƒe dɔa wɔm kple lãmesẽ blibo; Ozontɔwo ƒe lɛta:

 "Nyemenya gbe si me maɖe nye nukunu kple bubu afia mi si nye dɔmenyola gãtɔ kple dzɔdzɔmeŋutinunyala gãtɔ le ƒe sia me o. Togbɔ be le nye ayikudɔléle ta la, megbɔdzɔ ale gbegbe be nyemete ŋu le nu ŋlɔm o." nya ʋee aɖewo na nye ƒometɔ kplikplikplitɔwo gɔ̃ hã, gake mele eŋlɔm na wò kple dzidzɔ blibo.Wò ɖeka koe nye ame si mate ŋu aŋlɔ agbalẽ na le xexeame katã, gake nyemate ŋu aŋlɔ agbalẽ na o. Nɔvinyeŋutsu tsɔ wò agbalẽ vɛ eye wòte tɔ ɖe edzi nenema Mexlẽe, menɔ anyi ɖe aba dzi ko be nyemado dziku nɛ o eye medze agbalẽ si wovuvu le xexlẽ fũu akpa ta la xexlẽ gɔme kple dzitsitsi;Gake nyemete ŋu ɖe asi le agbalẽ dodzidzɔname sia ŋu

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elabena eƒe gbegbɔgblɔ ɖaɖɛ kple dzonɔameme, kpakple wò tamesusu goglo siwo le abe gayibɔ ene, wɔ nuku na nye amenyenye bliboa. Ðevi siawo ƒe ku wɔnublanui lae na nèyi dzɔdzɔmeŋutinunya ƒe atsiaƒu ƒe anyigbaxɔdzo ɣaɣlawo me be nàdi nyateƒea. Blanuiléle deto na nèzu nugbagbeŋutinunya ƒe ɣe. Le esia ta la, amegbetɔƒomea nyi fe le viwò eveawo ŋu eye woƒe ŋkɔwo anɔ dukɔwo ƒe ŋkuɖodzinyawo me ɣesiaɣi. Esi mexlẽ miaƒe agbalẽa vɔ la, mezu ƒuƒlu enumake eye nyemelala dɔyɔyɔ ƒe emetsonua o la, meɖea nye akpedada fiana. Elabena meka ɖe miaƒe nyawo ƒe nyateƒenyenye dzi; Esi wònye lãwo ƒe dɔdalae menye eye menya nu tso nugbagbeŋutinunya ŋu nyuie ta la, mate ŋu ase wò nyawo ƒe gãnyenye gɔme nyuie wu. Nu gbagbewo ŋuti dzɔdzɔmeŋutinunya ƒe nukpɔsusu siwo katã ƒo ke ɖe to ɖe nye ahɔhɔ̃ me ƒe bla nanewoe nye sia la trɔ le ŋkeke ɖeka dzi. Meka ɖe edzi be etsɔme abɔbɔ ɖe wò gãnyenye ŋkume, elabena womeɣla nu gã aɖeke si ŋu woke ɖo kpɔ o. Mexɔ ƒe 40. Aɖuɖɔtoedɔ si nɔa anyi didi le ŋunye, nye nɔnɔmea nu sẽ ŋutɔ. Nye ʊu Mlɔ aba dzi, gbɔgbɔ ko na wò, meka ɖe edzi be manɔ nyuie. Manyi fe le danye ŋu be wòdzim eye manyi fe na wò ɖe nye agbe ƒe yiyi ta, tegbee..."

Nya dodzidzɔname bubu: "Science & Life" magazine ƒe nyadzɔdzɔŋlɔlawo dometɔ ɖeka tso Moscow va Yerevan be yeawɔ numekuku tso nu gbagbewo ƒe ŋgɔyiyi ŋu.

Ðɔkta geɖe kple nuteƒewɔla bibi siwo ɖua nu ƒuƒuwo ƒo ƒu ɖe nyadzɔdzɔŋlɔla aɖe si ɖua nu ƒuƒuwo ƒe aƒeme eye wòŋlɔ nyatakaka aɖe. Edim, eye le November 15th, 1971 dzi la, edze abe lɛta xexlẽdzesi 13 (meŋlɔ lɛta tsitotsito na "Avangard" nyadzɔdzɔgbalẽ ƒe nuŋlɔla) kpɔ ŋusẽ ɖe edzi ene, elabena wona menya to telefon dzi be nuɖuɖumeŋusẽ ƒe dɔlélewo ŋuti nunyala bibi aɖe system, Nufialagã Jivan Shmavonyan , di be yeado go nye kple nuɖuɖu ƒuƒu bubu aɖewo. Nukae mate ŋu awɔ negbe kplɔ̃ɖoƒe aɖe wɔwɔ na nuɖuɖu ƒuƒu siwo doa vevie nu. Ŋkeke ʊɛ aɖewo do ŋgɔ na kplɔ̃ɖoƒea la, mexɔ mɔkeke le ɔfis eye ŋukpe aɖeke manɔmee la, medze agbagba be maɖo kplɔ̃ si anye nu yeye na nuɖula gbagl

Abolo ƒuƒu, bisiklet, basaq, kpakple jam vovovo siwo wotsɔ seƒoƒo aŋgbawo, granate-kuwo, kple walnut dama siwo mewɔna ƒe sia ƒe le kele me gɔ̃ hã, eye wotsɔ salad vovovowo hã ɖo atsyɔ̃ na wo

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kplɔ̃ gã etɔ̃ ale gbegbe be esesẽ be woagblɔe. Ɣeyiɣi aɖe la, ame aɖeke metsɔ dzideƒo ka asi abolo gã etɔ̃ siwo dzi wò ŋkɔ klẽ ɖo la ŋu o. Mlɔeba la, metsoe heƒoe. Kplɔ̃a nɔ hũ ɖem le atikutsetse kple atikutsetse me tsi ƒe kpekpeme ta!

Wokpɔ Aterhov nɔvinyɔnu (Siranush BabaKhanian) le titina, nufialagã Shmavonyan le eƒe miame, eye Haikanush Ter Hovannessian le tsitre ɖe megbe nɛ.

Woɖo kpekpea le October 24, 1971 dzi le gã 16:00 me. Gaƒoƒo eve do ŋgɔ la, medɔ ame be woayɔ nɔviwònyɔnu ale be ame gbãtɔ siwo va la nado asi nɛ abe wò teƒenɔla ene. Gbã la, nufialagã bubume la ŋutɔ ge ɖe eme eye wòtsɔ eƒe asi eveawo ƒo asi nam kple mo si le alɔgbɔnu kom eye wòdo go nɔviwònyɔnu kple bubu gã aɖe. Le ɣeyiɣi bubu me la, amedzro siwo katã ɖua nu ƒuƒlu la nye ɖɔktawo, yunivɛsiti nufialawo, nyadzɔdzɔŋlɔlawo, nufialawo, kple bubuawo, ame siwo ade blaene vɔ atɔ̃ ge ɖe eme zi ɖeka. Ewɔ nuku nam ŋutɔ, ɣemaɣi tututu la, Ðɔkta Abajian va ɖo le eƒe ʊu me kple nyɔnu ene siwo le ablaɖeɖe me eye wole dzidzɔ kpɔm tso Kirovakan; Eƒo nu tso eƒe dɔlélewo ŋu gbã eye wòɖo eƒe akpedada ɖe wò be nèɖe dɔléle siawo ɖa eye wòdi nu nyuitɔ kekeake na wò kple wò lãmesẽ.

Emegbe amesiwo katã ɖua nu gbagbewo ƒo nuƒo ɖeka ɖe wo nɔewo yome eye woɖe nu me tsitotsito tso dɔléle siwo woxɔ va yi kple lãmesẽ si li fifia ŋu. Nufialagã la nɔ anyi kpoo, nɔ to ɖom nyuie henɔ nuŋlɔɖiwo wɔm le eƒe nuŋlɔɖigbalẽa me. Amedzroawo dometɔ akpa gãtɔ menyae o, esi wòtsi tre heɖe eɖokui fia esi wowu nuɖula gbagbewo ƒe nyatakakawo nu vɔ megbe, .

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amesiame bɔbɔ nɔ anyi hedze toɖoɖo gɔme kpoo. Ete nuƒoƒo blewuu tso eƒe tameɖoɖowo kple ɖoɖowo ŋu.

Yunivɛsiti nufialawo dometɔ ɖeka xlẽ Hovannessian ƒe lɛtaa. Đɔkta Abajian bɔbɔ nɔ eƒe miame.

Egblɔ be: "Le nyateƒe me la, Hovannessian wɔ dɔ gã aɖe. Ŋutinya." ɖee fia be dzɔdzɔmeŋutinunyala xɔŋkɔ akpa gãtɔ tso ame tsɛwo gbɔ; Togbɔ be Hovannessian menye ɖɔkta o hã la, gake le nusi ŋu wòke ɖo ta la, etsi tre ɖe ɖɔktawo tame eye gome le esi be wòanye dzɔdzɔmeŋutinunyala. Togbɔ be futɔwo le esi hã la, nyateƒeae nye be eɖua dzi. Mi katã miegblɔe, miyɔ nya tso nya siawo me, gake nya siawo gakpɔtɔ le mia gbɔ. Ele be nàwɔ ɖoɖo ɖe ameha aɖe ŋu, axɔ nuɖula gbagbewo katã ƒe akɔntabubuwo, anya dɔléle siwo nɔ wo ŋu va yi kple nɔnɔme si me wole fifia, eye nàtsɔ nuŋlɔɖi siawo ana mí". Le eƒe aɖaŋuɖoɖo nu la, wotia kɔmiti si me ame 15 le, eye woŋlɔ nye ŋkɔ hã ɖe eme.Míeɖoe be míaɖo kpekpe ma tɔgbe zi ɖeka le ɣleti etɔ̃ ɖesiaɖe me.

Nufialagã la gblɔ be yesusu be yeaɖo raw-vegan atikewɔƒe, woƒo nu tso raw-vegan nuɖuɖudzraƒe hã ɖoɖo ŋu.
Le nyataƒoƒo me la, le nufialagã la ƒe biabia nu la, metsɔ miaƒe lɛtawo ƒe fotokɔpi aɖewo, le lɛta si tso India dziɖuɖua gbɔ, ƒe...

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lɛta si meŋlɔ na "Avangard", kple Ozonian kple Makarian ƒe lɛta. Eɖu sabala kple nuɖuɖu bubuwo katã kple dzidzɔ gã aɖe eye wòbia alesi woaɖa woe hã. Mema salad-gbalẽvi siwo nɔ asinye la ƒe kɔpi ewo na amedzroawo. Esia menye gɔmeɖeɖe siwo meɖo ɖe mi la dometɔ ɖeka o, esia nye yeye ŋutɔ eye wòde blibo.

Kpekpea xɔ tso ga 16:00 vaseɖe ga 21:00. Esi míedzo la, proffecor la tsɔ eƒe agbalẽvi ɖeka nam eye wòtsɔ bubu na Siranoush eye wòbia tso mía si be míanɔ kadodo me kplii ɣesiaɣi. Egblɔ na Siranoush be: "Medi vevie be makpɔ nɔviwò, aƒo nu eye míawɔ ɖeka adzra ɖoɖo nyui aɖe ɖo be míaɖo afi si yim nèle kpuie. Esesẽ be nàxɔ mɔɖeɖe be nàzɔ mɔ ayi duta; Ŋlɔ agbalẽ na nɔviwò, ɖewohĩ ate ŋu azã eƒe ŋusẽkpɔɖeamedzi." be woadzra amekpegbalẽvi ɖo".

Nufialagã ƒe adrɛs: Jivan Mambre Shmavonyan , Papazian No. 17, Yerevan."

Haikanoush Ter Hovannessian, 10 Alaverdiantɔwo ƒe Erevan Kɔkɔe.

Lɛta si tso India dziɖuɖua gbɔ:

Indiatɔwo ƒe Nyatakaka Dɔwɔƒe - T. S. Kanwar

Tehran, January 4, 1971, India ƒe Dudɔnunɔla ƒe Dɔwɔƒe. nyadzɔdzɔŋlɔlawo ƒe hadɔwɔla

"Abe alesi wona míenya ene la, mieta agbalẽ aɖe le tanya si nye "Raw-eating" te. Àte ŋu ana nànya be India dziɖuɖua tia nyametsotsowɔkɔmiti aɖe na Dzɔdzɔme Atikewɔwɔ, si wɔa numekuku tso Dzɔdzɔme Atikewɔwɔ ƒe ŋgɔyiyi kple eƒe ŋgɔyiyi ŋu.
Wotsɔ miaƒe agbalẽa na kɔmiti sia, si de dzesii eye wòsusu be anye dɔ nyui aɖe. Eyata India ƒe Lãmesẽ Kple Ƒomeɖoɖowɔwɔ Dɔwɔƒe le susum be yeadzra agbalẽ gã sia le asi bɔbɔe me (rupee atɔ̃ pɛ ko) atsɔ amae. Womakpɔ viɖe tso agbalẽ sia dzadzra me o.

Míada akpe ŋutɔ ne èɖe mɔ na mí dɔmenyotɔe
India dziɖuɖua be wòata agbalẽ sia ɖe Eŋlisigbe me kple nutoa me gbe wuieve bubuwo me.

Azɔ hã, taflatse na míanya nenye be wogbugbɔ trɔ asi le agbalẽ sia ŋu tso esime... ƒe 1967 ƒe tata. Alo ɖe nèdi be yeatrɔ asi le eŋu le etsɔ si gbɔna kpuie mea?

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Eyata míada akpe ne mɔdeɖe si hiã le mía si be míate ŋu ata agbalẽ sia le India."

T. S. Kanwar ye nye esia.

Enye lãmesẽdɔwɔƒe si le dɔ dzi wu le India, si Mahatma Gandhi ɖo le ƒe 1964 me. Womaa nye agbalẽwo kple nyatakakagbalẽwo le India edziedzi. India ƒe Lãmesẽnyawo Gbɔkpɔha ye dɔwɔƒe sia ɖe nye agbalẽa fia. Lɛta siwo dɔwɔƒe ma ƒe dɔdzikpɔla ŋlɔ nam ƒe akpa aɖewoe nye esi:

"Mexlẽ nu tso mia ŋu ƒe atɔ̃ enye sia le Britaintɔwo ƒe Amagbewo ƒe Magazine me, si nyemetsɔ ɖeke le eme boo o eye meŋlɔ be kloe; Vaseɖe ɣleti si va yi me la, Mexico nyɔnu aɖe si kpɔa dzadzɛnyenyedɔwɔƒe aɖe dzi le afima nɔ mía gbɔ kwasiɖa etɔ̃ eye wòƒo nu tso eŋu vevie." nuɖuɖu ƒuƒu.Tso ɣemaɣi la, menɔ agbagba dzem dzimagbɔɖitɔe be mate ɖe ŋuwò ahabia agbalẽ aɖe, gake aleke mawɔ ake ɖe wò adrɛs ŋu?Gake ŋkeke ʊee aɖewo va yi la, ame eve siwo le nuɖuɖu ƒuƒu ɖum ƒe atɔ̃ sɔŋ la va mía gbɔ eye wotsɔ tɔwò nam address.Gandhi ye ɖo dɔwɔƒe sia eye mekpɔ dzɔgbenyuie be mewɔ dɔ le afima ƒe ewo le eƒe agbe ƒe ƒe mamlɛawo me.

DZƆDZƆME DƆDZƆDZƆDZƆƑE, Uruli- Kanchan, India

Israel Vegan Habɔbɔ ƒe zimenɔla, "Dzɔdzɔme kple... Lãmesẽ" magazine:

"Akpe geɖe na mi ɖe miaƒe nyatakaka siwo mieɖo ɖa ta. Míedzea agbagba be míaxɔ wo." na amesiwo di be yewoazã wo wu. Míedzra miaƒe agbalẽwo ƒe babla alafa ɖeka vaseɖe fifia; Le dukɔ sue aɖe si me ame akpa gãtɔ menya Eŋlisigbe o me la, agbalẽ gbogbo mawo dzadzra nye dzidzedzekpɔkpɔ gã aɖe ŋutɔŋutɔ. Mele magazine si nye "Dzɔdzɔme kple Lãmesẽ" (TEVA UBRIUT) ƒe akpa aɖe ɖom ɖe mi, si me wota Anahit si xɔ ƒe ade ƒe foto dzeani hã le. Fifia mele nyati aɖe dzram ɖo be mata kple Anahit si xɔ ƒe wuieve ƒe foto."

Jaacov Grabois, 10 Hateyna Kɔkɔe Nevey Oz. Israel

Ðɔkta sia nye Britaintɔwo ƒe Amagbeɖuhabɔbɔ ƒe zimenɔla, amesi... ƒe dɔwɔƒe aɖe le London, eye esi wòxlẽ nye agbalẽa vɔ la, enɔ nenema

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ka ɖe edzi eye wòtsɔa nye adrɛs naa eƒe dɔnɔwo eye wòŋlɔa nuɖuɖu ƒuƒu gbalẽa na wo. Lɛta si gbɔna ɖo kpe esia dzi:

"Mexlẽ wò agbalẽ si ƒo nu tso nuɖuɖu ƒuƒu ŋu. Đɔkta Lato ŋlɔ nuɖuɖu ƒuƒu ƒe nuɖuɖu nam be woatsɔ ada nye kansa. Etsɔ wò adrɛs nam ale be mate ŋu adɔ agbalẽa tso eme. Maɖo dɔlar ewo ɖee to posu dzi eye taflatse miɖo agbalẽ etɔ̃ ɖem." kple nyatakaka ade."

Aƒenɔ Campbell Moodie, 31 Linden Abɔ, London, W. 2

Aƒenɔ VERA STANLEY ALDER:

"Xɔ̃nye ŋutikɔkɔetɔ lɔlɔ̃tɔ, mexlẽ wò agbalẽa nyuie zi eve eye mese le ɖokuinye me nenema." agbalẽ sia ahe ɣeyiɣi yeye aɖe vɛ na ameƒomea. Ele vevie ŋutɔ be woatsɔ agbalẽ sia ade amewo ŋkume ale be mlɔeba la, dzo nanɔ xexeame katã. Ènye nunyala si te ŋu de dzesi nyateƒe bɔbɔe si de blibo la heɖe eme nyuie wu nuɖuɖuŋutinunyala siwo katã ƒe agbalẽwo mexlẽ vaseɖe fifia.

Ƒe geɖe enye sia la, metea gbe ɖe edzi na amewo be amegbetɔ nye atikutsetsedila eye aleae woakpɔ xexeame ƒe kuxiwo gbɔe eye woawɔ sikaxexe aɖe. Wò nyagbɔgblɔ ("mègaɖa nu o") ɖea susuwo katã ɖa, dzidzenuwo, nusiwo sɔ, kple ɖoɖo bɔbɔe kple gɔmedzenu. Àɖe akɔntabubu kple bubu siwo ŋu míeƒo nu tsoe vaseɖe fifia ɖa, eye àna lãmesẽ kple dzidzɔ vavãtɔ nasu amewo teƒe.

Nusi ŋu nèke ɖo, abe elektrikŋusẽ si ŋu nèke ɖo ene, nye nunyala aɖe ƒe dɔ, eye ɖewohĩ ame siwo se nu gɔme na wò hã nye nunyalawo.

Mawɔ nusianu si hiã be wò agbalẽa naxɔ ŋkɔ; Fifia mele agbalẽ aɖe ɖɔlim, mele agbalẽ bubu ŋlɔm hele nuƒowo ƒom. Ŋkekeawo le kpuie akpa be míate ŋu awɔ nusiawo. Fifia nɔnɔme si le xexeame la le sesẽm ŋutɔ, gake dzi le mía kple srɔ̃nye ƒo, le enyanya be wò kple wò dɔwɔwɔ kple wò dzidzedzekpɔkpɔ gakpɔtɔ le xexe sia me gome. Taflatse milɔ̃ ɖe edzi be míete ɖe mia ŋu ŋutɔ.

Mele nye agbalẽwo dometɔ ɖeka ɖom ɖe mi. "Míenye vegan ƒe geɖe, míenoa atama alo noa aha o, eye fifia mía kple srɔ̃nye míele miaƒe mɔnu zãm."

«XEXEAME ƑE ƑOMEDODO ƑE HADODO» 8 First Avenue, London.

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ESSENCE OF HEALTH» Lãmesẽ Kple Agbenɔnɔ Ŋuti Se Kɔkɔtɔ kekeake Gbeƒãɖelawo:

Afɔfiɛ 29, 1968:

"Mexɔ wò agbalẽa. Menye ɖeko mekpɔe be agbalẽ sia nyo ŋutɔ ko o, . gake esɔ ɖe nye tamesusuwo, nuwɔnawo, kple nuŋɔŋlɔwo nu pɛpɛpɛ. Fifia míele magazine aɖe tam si woyɔna be "ESSENCE OF HEALTH". Tsɔ kpe ɖe magazine sia tata kple nye ŋutɔ nye agbalẽwo ŋu la, medi be madzra duta agbalẽ siwo fia mɔ nyuitɔ amewo. Le esia ta la, kakaɖedzi li be ele be wò agbalẽa nade nye agbalẽwo dome, eyata taflatse na manya nu tso asiɖeɖe le nu gbogbowo ŋu ƒe sewo ŋu."

May 24, 1968, ƒe dzi.

"Edzɔ dzi nam be maɖo $82.5 ƒe cheque ɖe wò hena nuɖuɖu ƒuƒu gbalẽ babla blaatɔ̃. Ne èlɔ̃ be yeana gomenɔamesi mí be míata agbalẽa la, míaxɔe kple dzidzɔ. Dɔwɔnu siwo katã míatsɔ atae la le mía si."

Aɖaka 2821, Durban, South Africa.

DAULAT RAM DUTOƑE DƆDASI:

"Awɔ nuku na mi be miaxɔ lɛta sia; Xɔ dzinye se, esi miekpɔ miaƒe agbalẽa vɔ la, menye ɖeko wògblẽ nu le dɔwɔƒe sia ƒe dɔdzikpɔha me tɔwo katã ŋu vevie ko o, ke woka ɖe edzi bliboe hã be to nuɖuɖu ƒuƒu dzi koe woate ŋu axɔ na ameha la tso." dɔlélewo katã.Míaƒe nutoa nye dɔmenyohabɔbɔ.Míetso nya me be míawɔ nuɖuɖu ƒuƒu ƒe habɔbɔ le India.Ne èɖe mɔ na mí be míata wò agbalẽa ɖe Eŋlisigbe kple nutoa me gbewo me la, míama eƒe tata akpe ewo femaxee le gɔmedzedzea me.Míawɔe hã te ɖe Lãmesẽnyawo Gbɔkpɔha ŋu ale be woawo hã woabu nya sia ŋu le woƒe dɔwɔnawo me Míeɖoe be míaɖo kpe nyateƒea dzi le kɔdziwo hã.

Míenya be tsitretsiɖeŋulawo le miaƒe xexemenunya ŋu le ame ŋutɔ ƒe didiwo gome, gake le dukɔ abe India ene, afisi ame akpa gãtɔ da ahe le eye dɔ le wo wum la, nuɖuɖu ƒuƒu akpɔ anyigba si sɔ eye wòana amegbetɔ miliɔn geɖe siwo le esia ta nuɖuɖu siwo woɖa kple numamewo kpakple kɔnu gbegblẽwo kpea fu, woaɖee. "Emegbe, ne wò agbalẽa

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wotae eye emetsonua va eme la, míaɖo amekpekpe be nàva India kple wò ƒomea eye nàkpɔ emetsonua kple wò ŋutɔ wò ŋkuwo."

Krishan Mohan, si nye Dukplɔla ƒe kpeɖeŋutɔ. 17- B, Asaf Ali ƒe mɔ dzi. New Delhi

Esi mexɔ lɛtaa tso India ƒe dudɔnunɔla gbɔ vɔ la, meɖoe be magate kpɔ ake ana míaƒe dukɔa ƒe dziɖuɖumegãwo nanya nu tso aʋadziɖuɖu sia ŋu. Gbã la, meŋlɔ lɛta si gbɔna na MohamadReza Shah Pahlavi, tsɔ Persiagbe, Eŋlisigbe kple Armeniagbe me agbalẽ babla ɖeka kpe ɖe Fiaɖuƒea ƒe D Lɛtaa:

"Enye dada nam be matsɔ dzidzɔnya si gbɔ eme si ate ŋu asesẽ be woasusui le gɔmedzedzea me la vɛ na mi."

Le nye ƒe blaetɔ ƒe agbagbadzedze, nusɔsrɔ̃, numekuku kple nuteƒekpɔkpɔwo ta la, egbea woɖo kpe edzi godoo be nusiwo gbɔ dɔlélewo katã tsona la tsoa nuɖuɖu siwo woɖa, atikewo kple nu kuku bubu siwo amewo tsɔna dea woƒe ŋutilã me le manyamanya me la ɖuɖu gbɔ. Meva ka ɖe esia dzi esime mebu vinye lɔlɔ̃awo dometɔ eve, ɖeka xɔ ƒe ewo eye evelia xɔ ƒe wuiene, le atike "siwo wɔa dɔ nyuie" kple nuɖuɖu siwo "doa ŋusẽ ame" siwo ɖɔkta xɔŋkɔwo ŋlɔ nam ta. Wota agbalẽ aɖe si me nyawo me kɔ nyuie si meŋlɔ ɖe Armeniagbe me eye wotae le ƒe 1960 me, emegbe be mana nye devi/ŋutsu siwo nye Persiatɔwo nanya le ƒe 1963 me la, meta agbalẽvi sue aɖe ɖe Persiagbe me hena ɣeyiɣi aɖe, eye metsɔ eƒe kɔpi aɖe ɖe go le ɣeyiɣi ma ke me. Aƒetɔ Pahlbod, si nye Dekɔnuwo Kple Aɖaŋudɔwo ƒe Dɔdzikpɔla de dzesi agbalẽ si woyɔ la. Eyɔm eye le kpekpe geɖe megbe la, eɖem fia Ðk. Abbas Nafisi, si nye Dzata Dzĩ kple Ɣe ƒe Agbalẽŋlɔla Gãtɔ. Aƒetɔ Ðɔkta Abbas Nafisi kple Ðɔkta Abolqasem Nafisi, si nye Khaje Nouri Vidzidzi Kɔdzi ƒe tatɔ, lɔ̃ nye susuwo kple nukpɔsusuwo eye wodo ŋugbe be yewoana kpekpeɖeŋu kple nuwɔwɔ aduadu ƒomevi ɖesiaɖe; Le numekuku gbãtɔ siwo woawɔ tso nuɖuɖu ƒuƒu ŋu ta la, woɖem fia Nemooneh Tsitretsiɖeŋula kple Vidzikpɔƒe Xexlẽme Gbãtɔ kpakple Bahrami Ðeviwo ƒe Kɔdzi. Nublanuitɔe la, medo go kuxi aɖewo le afima, elabena ehiã be maɖe ɖɔkta kple dɔwɔla aɖewo ɖa tso susu xoxo siwo mesɔ o gbɔ eye woana woƒe susuwo nanya nu tso susu yeyewo ŋu, eyata, le dɔa hehe ɖe megbe ta la, nye agbagbadzedzewo metse ku o eye meɖe asi le eŋuti yometiti ŋu hena ɣeyiɣi aɖe nya la. Nyateƒee, kple

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etena ɖe dzinye, vevietɔ esi melé ŋku ɖe woƒe nuɖuɖu gbegblẽ ƒe nugbegblẽ le ame ŋu ŋu nyuie ta.

Le gɔmedzedzea me la, dɔwɔƒe siwo woyɔ ƒe dɔdzikpɔlawo kpakple ɖɔktawo katã melé ŋku ɖe ŋusẽ ŋutɔŋutɔ si nuɖuɖu kuku kpɔna ɖe ame dzi ŋu o eye nuɖuɖu siwo woɖa kple esiwo mele vevie o koe wona dɔnɔawo katã, abe nuɖuɖudzraƒewo ene, siwo hea dɔlélewo vɛ 100%. Esi nyemekpɔ dzidzedze le nye ŋutɔ nye dukɔ me o megbe la, meɖoe be magblɔ nye susuwo na dutadukɔwo ƒe dzɔdzɔmeŋutinunyalawo, ale be ɖewohĩ to mɔ sia dzi la, mate ŋu akpɔ kpeɖodzi si sɔ eye womate ŋu ake ɖi o be matsɔ awɔ nye ɖoɖoa dzi le nye denyigba dzi. Fifia si ɣeyiɣia de la, mese le ɖokuinye me be enye nye dɔ kɔkɔe be matsɔ nyatakaka vevi sia ana mi amesiwo tsɔ shah kple amewo ƒe yevuwo ƒe tɔtrɔ kpata ɖe miaƒe tameɖoɖo fia xexeame.

Wota nye Eŋlisigbe me agbalẽa zi gbãtɔ hetae le ƒe 1963 me, eye wodzrae. Emegbe le ƒe 1965 me la, meta agbalẽ evelia ɖe Armeniagbe me eye le ƒe eve megbe la, meɖe agbalẽ ma ke gɔme ɖe Eŋlisigbe me, si dzi meto ɖo wo dometɔ ɖesiaɖe ɖe mi. Meɖo agbalẽ siawo ƒe babla akpe ewo kple agbalẽvi siwo ade miliɔn afã femaxee ɖe dutadukɔwo ƒe dunyahelawo, ɖe nyadzɔdzɔgbalẽwo, dɔwɔƒewo, yunivɛsitiwo, kple bubuawo kple nye ŋutɔ nye nunɔamesiwo kple nunɔamesiwo. Le ƒe sia me hã la, meta agbalẽvi akpe ewo ɖe Armeniagbe me be matsɔ ana amewo femaxee. Nusi do tso dɔwɔna siawo me enye be egbea le xexeame ƒe dukɔwo me, vevietɔ le Amerika, India kple Armenia la, ame akpe alafa geɖe li siwo nye Raw-Vegan, wo dometɔ akpa gãtɔ nye dɔnɔ siwo ƒe dzi gbã le ɖɔktawo ŋu, eye fifia woyia woƒe agbenɔnɔ dzi le lãmesẽ deblibo me. Mexɔa akpedadagbalẽ akpe geɖe tso wo gbɔ. Vegantɔwo kple dzɔdzɔmeŋutinunyalawo katã kloe kpakple lãmesẽdɔwɔƒe bubu siwo le ŋgɔ yim kakaa nye agbalẽwo kple agbalẽviwo eye wodzea boblododo geɖe gɔme tso veganism ƒuƒu ŋu; Wotaa nye gbeƒãɖeɖewo ɖe woƒe nyadzɔdzɔgbalẽwo me, wotua atikewɔƒewo na veganism ƒuƒu. Le Mexico la, woɖoa tsyɔ̃eviwo dzikpɔƒe aɖe si me woɖua nuɖuɖu siwo womeɖa o le. Wole nye agbalẽa gɔme ɖem ɖe Spaingbe me le Argentina kple Hindigbe me le Delhi eye wole etam fifia. BBC tsɔ nye agbalẽa ɖe go le TV dzi eye wòxlẽ eƒe akpa aɖewo na ameawo; Dɔmenyonunana ɖɔkta siwo le Europa, Amerika, kple bubuawo naa nye adrɛs na dɔnɔ "siwo womate ŋu ada o" eye wokafui be woaxlẽ...

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agbalẽ si me woɖua nu ƒuƒu le. Yerevan Academy ƒe nugbagbeŋutinunyalawo ʋlia nye nukpɔsusuwo ta hedoa alɔ wo le ɣleti sia ɣleti ƒe magazine "Science & Technics" me.

Esi wònye be wota nye agbalẽ gã si le Armeniagbe me ƒe ewo enye sia ta la,... amesiwo ɖua nu ƒuƒu siwo le Yerevan ƒe xexlẽme dzi ɖe edzi. Woɖoa ƒomedodo kple wo nɔewo eye wowɔa ɖoɖo ɖe kplɔ̃ɖoƒewo kple azãɖuɖu siwo wotu ɖe nuɖuɖu ƒuƒu dzi. Wokpɔa ɖɔkta geɖe hã le nuɖuɖu ƒuƒu ɖula siawo dome; Yerevan Yunivɛsiti ƒe nunyiamedzikpɔƒe ƒe tatɔ kple nufialagã wɔa ɖoɖo ɖe nuƒo siwo ku ɖe nuɖuɖu ƒuƒu ŋu, eye le kpekpe siawo me la, ame siwo woɖe tso dɔléle sesẽwo me la naa woƒe nyatakakawo.

Le kpɔɖeŋu me, nyɔnu ɖɔkta aɖe si lãmetutudɔ lé eye wònye mete ŋu ʋãna ƒe ene o, etsi tre le nuɖuɖu ƒuƒu ɖuɖu ɣleti wuiene megbe eye wòle lãmesẽ deblibo me fifia. Kpɔɖeŋu dodzidzɔname bubu: nye ƒometɔwo dometɔ ɖeka, si nye ɖekakpui si xɔ ƒe blaeve vɔ enyi, ƒe lãmekawo ƒe gbɔdzɔgbɔdzɔ nɔ fu ɖem nɛ eye mete ŋu ʋãa eƒe abɔwo kple afɔwo kura o; Melé to ɖe nye mɔfiame siwo wonana femaxee ŋu o, ezɔ mɔ yi Europa zi etɔ̃ eye wòzã rial miliɔn ɖeka kple edzivɔ vaseɖe esime wòxɔ nuɖuɖu ƒuƒu ƒe agbalẽ si le Lausanne mlɔeba tso ahɔhɔ̃ŋutinunyala xɔŋkɔ aɖe si xlẽ nye agbalẽa eye wòva nya nyateƒea gbɔ. Etrɔ yi Tehran.

Nuŋlɔɖi mawo tɔgbe akpe geɖe le faɛl si ku ɖe eŋu kple nye hã me mele klalo be matsɔ wo ana ame ɖesiaɖe si woɖo . Le nyateƒe me la, dzidzedzekpɔkpɔ gãtɔ kekeake si va dzinye nyitsɔ laa enye be India dziɖuɖua da asi ɖe nye agbalẽa dzi le se nu be eɖea vi eye wòtso nya me be yeatae eye yeakafu eƒe xexlẽ na Indiatɔwo ale be woate ŋu awɔ ɖe agbalẽa ƒe mɔfiamewo dzi . eye woaɖe wo tso dɔléle, ahedada kple dɔwuame me.

Egbea woɖo kpe edzi godoo be amesiwo ƒoa asa na nuzazãa ƒe nuɖuɖu siwo woɖa, atike siwo me aɖi le kple nu kuku bubuwo mekpɔa dɔléle ɖesiaɖe o, eɖanye esiwo le bɔbɔe alo esiwo kpekpe o, abe dzidɔ, kansa, suklidɔ, dɔléle siwo xɔa ame me, dzamezã ene. etc le wo dzram ɖo. Nuŋlɔɖi siwo li ɖo kpe edzi nyuie be ne wole kɔdzi yeyewo ʋum la, dɔnɔwo ƒe xexlẽme dzina ɖe edzi le woƒe xexlẽme nu; Elabena kɔdziwo, atikedzraƒewo kple nuɖaƒewo gbɔe dɔlélewo tsona; Eyata mehiã be woatu kɔdzi yeyewo o, ke boŋ ele be woawɔ nɔnɔmewo ale be woagblẽ kɔdziwo ɖi dɔnɔwo manɔmee eye woatu wo ɖe wo nɔewo yome, eye

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nɔnɔme sia le alesi amewo ɖua nui tɔtrɔ me ko. To vovo na alesi ame aɖewo susuna la, esia wɔwɔ le bɔbɔe ŋutɔ.

Abe alesi India dziɖuɖua tso nya me ene la, gbã la, ehiã be woakafu dukɔa be wòaxlẽ nuɖuɖu ƒuƒu ƒe agbalẽa eye evelia, ele be woaɖe gbeƒãe le se nu be nuɖaɖa nye nuwɔna si mele dzɔdzɔme nu o eye mele vevie o. Ele be seɖoƒe nanɔ nuɖuɖu kukuwo, atike siwo me aɖi le kple atikewo ƒe vitaminwo ƒe boblododo alakpatɔ kple ameflunyawo ŋu.
Le esi teƒe be Lãmesẽnyawo Gbɔkpɔha ƒe amegãwo nama aɖitikewo ɖe agbledelawo dome la, woate ŋu afia wo alesi woade amagbe gbagbe aɖewo. kple lu si mie, nuɖuɖu vivi siwo naa lãmesẽ siwo mexɔ asi o siwo woɖa, alo alesi ame ate ŋu atsɔ lu gbagbe rial eve, dati rial eve kple amagbe rial eve aɖi kɔ na eƒe ŋutilã bliboe eye wòanɔ agbe dɔléle manɔmee.
To nyadzɔdzɔŋlɔlawo, radio kple television dzi la, woate ŋu axlɔ̃ nu dukɔa ahaŋlɔ atike na dukɔa tso tɔtrɔ siwo va le nuɖuɖu ƒe nɔnɔmewo me, dzɔdzɔmenuɖuɖu gbagbe siwo doa ŋusẽ ame ŋutɔŋutɔ dzadzraɖo ŋu; Woate ŋu atrɔ kɔdziwo vivivi woazu atikewɔƒewo; Ele be mɔ si dzi woato ana nuɖuɖu vidzikpɔƒewo, tsyɔ̃eviwo dzikpɔƒewo kple kɔdziwo nazu sedziwɔwɔ vivivi raw-vegan. Esia wɔe be amewo ʋua atikewɔƒe siawo yia woƒe aƒewo me eye wozua woawo ŋutɔ ƒe ɖɔktawo. Eteƒe madidi o dɔnɔwo maganɔ kɔdziawo me o eye woatu wo ɖe wo nɔewo yome. Atama, ahanono, lã, tɔmelã kple nu bubu siwo gblẽa nu le ame ŋu ƒomevi ɖesiaɖe nono dzi aɖe akpɔtɔ vivivi.

Wotsɔa almond, pistachio, dates, raisins kple nuɖuɖu xɔasi mawo kpakple atikutsetse kple amagbe bubu geɖewo yia dukɔ bubuwo me le asi bɔbɔetɔ kekeake nu, ele be woatɔ te esia eye mele be woatsɔ wo ayi duta o. Eyata mía ŋutɔwo míaƒe amewo aɖu nuɖuɖu siwo wodo le afisia eye esia awɔe be amewo ƒe agbenɔnɔ adzi ɖe edzi eye woƒe nɔnɔme gbegblẽa dzi aɖe akpɔtɔ. Fififi, nuvlowɔwɔ kple aʋatsokaka nu ayi. Esia, si dze abe manya wɔ le gɔmedzedzea me o ene la ava eme ŋutɔŋutɔ le mía denyigba dzi le ƒe ʋɛ aɖewo megbe.

Mele be míalé ŋku ɖe ɖɔkta aɖewo siwo lɔ̃a ga eye womewɔa nublanui o ƒe nukpɔsusu siwo me susu mele o, alakpa, kple esiwo totro ŋu o, elabena menye ɖeko womete ŋu kpɔ atike suetɔ kekeake si woatsɔ axe mɔ ɖe dɔlélewo nu kple woƒe nyawo o, ke boŋ kple woƒe nuwɔna gbegblẽw

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vodadawo na dɔléle siawo kaka. Dɔwɔwɔ kple nuwɔna me tsonu si ŋu kakaɖedzi le koe nye numedzodzro siawo katã ƒe ŋuɖoɖo. Ne emetsonu si wokpɔ le nye ƒomea me mesɔ gbɔ na wo o, kpakple le nuɖuɖu ƒuƒu ɖula siwo kaka ɖe dukɔ bubuwo me dome la, ne mexɔ dɔwɔƒewo kple mɔnu siwo sɔ la, mele klalo be matsɔ afɔɖeɖe aɖo kpe nye nya la ƒe nyateƒenyenye dzi ahaɖo kpe edzi le ɣeyiɣi kpui aɖe me.

Nye biabia enye be nàgbɔ dzi ɖi axlẽ agbalẽ kple dzeside siwo meɖo ɖe wò le Eŋlisigbe me."

"Na ameƒomea xɔla gãtɔ kekeake tso ahedada kple dɔléle me ƒe anyinɔnɔ:

Nyee nye Fiaɖuƒea ƒe Asrafomegã si xɔ dzudzɔ le dɔme, amesi xɔ dzudzɔ le dɔme kple ƒe wuiatɔ̃ kple ɣleti etɔ̃ ƒe nuteƒekpɔkpɔ le lolo akpa ta le ƒe 1344 (Persiatɔwo ƒe ɣe ƒe ɣletigbalẽ) me le Asrafowo ƒe Atikewɔwɔ Ŋuti Aɖaŋuɖoha ƒe nyametsotso nu le nye dɔléle sesẽ siwo ŋu wowɔ ɖoɖo ɖo. Hafi maxɔ dzudzɔ le dɔme hena ɣeyiɣi aɖe be matsɔ ada nye lolo akpa, si ƒe kpekpeme anɔ abe Kg 125 ene la, woŋlɔ atike siwo nana ame ƒe lãme nasẽ abe Metrical ene eye menoa wo, eye esia wɔe be nye kpekpeme ɖo Kg 150 eye wònɔ dzidzim ɖe edzi. Vaseɖe esime ŋusẽ si le asinye be mawɔ dɔ la le asinye keŋkeŋ. Emegbe esi meŋlɔ vitamin, kebab kple nuɖuɖu bubuwo nam la, asrã hã dze dzinye. Wotso nya me be woaxɔ dzudzɔ le dɔme nam, si fia be viɖe manɔmee, si fia be fetu si mede blibo o. Le ɣeyiɣi sia si me nye asrãa nɔ fu wɔm nam la, woɖom ɖe asrafowo ƒe kɔdzi No. 502 ƒe nulɔdɔwo ƒe dɔwɔƒe eye wodo atike ƒomevi wuiatɔ̃ nam le nye asiwo me, eye wo dometɔ ɖesiaɖe si vuvu la, wogblɔ be wòe nu mawo ƒe nulɔdɔ le ŋuwò, nyateƒee wo katã wovuvu, gake eve alo etɔ̃ Wobu wo ŋu ne kukuɖeɖea me mekɔ o ko eye wogblɔ be wò nulɔdɔ le wo ŋu eye ele be nàdo atike zi etɔ̃ le kwasiɖa me; Esia wɔe be dzidɔ dze dzinye eye esi meŋlɔ atikekui bubuwo abe Valium, no me tsi kple atike siwo wua ame ene la, nye ayiku mewɔ dɔ nyuie o eye ƒodo vuvu vevie. Emegbe nye kpekpeme dzi ɖe edzi tso 160 Kg eye agate ŋu anye to corten-tike sesẽ siwo ɖɔkta ŋlɔ nam la nono me la, me lol

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yi kɔdzi ma ke ƒe dɔwɔƒe be woawɔ atike nɛ tegbee! Esi wowɔ dɔ na vidzidɔa ƒe ʊuʊu vɔ la, ɖɔktaa gblɔ nam be mekɔ penicillin miliɔn blaetɔ̃ ɖe wò dɔgbo me; Fifia mese egɔme be to penicillin sia dzi la, meɖo ku ƒe agbo nu. Le ɣeyiɣi sia me la, dzitodzito me dɔléle nɔ vinyenyɔnuvi suea ŋu eye ele be wòado penicillin (Penador) miliɔn ɖeka alafa eve kwasiɖa sia kwasiɖa vaseɖe esime wòaxɔ ƒe 18. Le go bubu me la, vinyeŋutsuvi sue la ƒe afɔwo nɔ ƒoƒom tso axawo dzi eye wònɔ fu kpem nenema -si woyɔna be rachitis. Srɔ̃nye si ahedada kple dɔléle geɖe le fu ɖem na mía kple vinyewo la tsɔ nya ɖe ƒomea ƒe gakpekpeɖeŋunaʊɔnudrɔ̃ƒea eye wòbia be woana ga ye, eye nyemete ŋu xe ga si mexɔna o le nye fetu sue ta, megbee, si fia be maɖee tso agbe wɔnublanui sia me. Menɔ ɖevi atɔ̃ siwo dze dɔ kple tsyɔ̃eviwo gbɔ. Gbesiagbe ne meyi ɖɔktawo gbɔ kple lãmesẽnyawo ŋuti nugblẽfexegbalẽviwo la, wokpea agbalẽviawo ƒe akpa gã aɖe eye woxɔa nye fetu gbogbo aɖe le sasrãkpɔ, ECG kple nudokpɔƒefewo me. Nye fetu aɖe hã abu le nugblẽfexeɖoɖoa ta.

Vaseɖe esime vinye ƒe suku ƒe agbalẽdzikpɔla, si de dzesi nye nɔnɔmea, do susu ɖa nam be matsɔ nuɖuɖu ƒuƒu gbalẽa ana. Mexlẽ agbalẽ sia kple dzonɔameme blibo eye mexɔ emenyawo eye míewɔ ɖeka kple vinyewo míedze 100% raw vegan ɖuɖu gɔme. Le ŋkeke ʊɛ aɖewo ko me la, nye asrãa nu fa; Emegbe vinyenyɔnua ƒe nɔnɔmea va nyo ɖe edzi vivivi eye vinye sue la ƒe afɔwo va dzɔdzɔe, eye megadze nye sɔhɛmenɔɣi gɔme ake. Le ɣleti ade me la, nye kpekpeme dzi ɖe kpɔtɔ tso abe Kg 160 va ɖo 70 ene. Le ɣeyiɣi sia me la, to nuɖuɖu ƒuƒu keŋkeŋ me la, megakpɔ ɖevi ƒe agbe kple yeye eye meka atam na ɖokuinye be nyemaka asi nuɖuɖu siwo wua ame ŋu gbeɖe o. Menyi nye ɖeɖe tso dzɔgbevɔ̃e me ƒe fe le wò agbalẽa ŋu."

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Aƒetɔ Akbar Tofangchi- No. 11, Khazaei Alley, Arabiatɔwo ƒe nuto, Naser Khosrow St, Tehran.

Lɛta sia ŋlɔla nye nyɔnu aɖe si va Tehran Raw Vegans club gbesiagbe le eƒe dɔwɔwɔ vɔ megbe eye wòkpena ɖe mía ŋu le klabu la me, eye ɣeaɖewoɣi la, eɖea video aɖewo gɔ̃ hã tso klabu ƒe dɔwɔwɔwo me:

"Alesi meɖu kansa dzi to veganism ƒuƒu me:

Eteƒe madidi o maɖu nye ƒe evelia ƒe azã si me mezu lã ƒuƒu. Ƒe eve pɛ koe nye esia esi nye kansa ƒe vevesesea nɔ sesẽm ɖe edzi la, woɖe nuɖuɖu ƒuƒu gbalẽ aɖe si trɔ nye agbenɔnɔ kura la fiam. Le nyateƒe me la, agbalẽ sia xɔ nye agbe.

Le ƒe 2533/2/21 (Persia fiaɖuƒea ƒe ɣletigbalẽ) dzi la, mese nane si wɔ nuku le nye ɖusime. Esi wòdo dziku vie la, meyi ɖɔkta gbɔ, gake X-ray la meɖe naneke si mebɔ o fia o. Le ɣleti eve megbe la, vevesesea dze egɔme eye eteƒe medidi hafi wògasẽ ɖe edzi o. Ðɔktawo sasrãkpɔ hena atikewɔwɔ dze egɔme.

Le 2533/6/25 dzi kple nye mɔɖeɖe la, wowɔ dɔ nam; Esi nye susu gaɖo ŋunye la, mede dzesii be nye ɖusi no bu, nye ɖusibɔ vuvu.

Nye seselelãme metrɔ boo o vaseɖe esime le ƒe 2535/1/5 dzi, esi mese veve le nye miame ata ŋu la, meyi ɖɔkta geɖe gbɔ eye esi meɖe foto geɖe vɔ la, wokpɔe be ƒumekansa le ŋunye eye woɖe gbe be a

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kɔmpiuta dzi nyatakaka si ku ɖe ƒu ɖeɖe tso ta vaseɖe afɔ gbɔ ŋu. take Le amekoko bubu si wowɔ be dɔlélea nagayi ŋgɔ o me la, woɖe nye vidzidɔ kple azigolowo hã ɖa. Ŋkeke blaene va yi... ɖɔktawo gblɔ be ele be woagaxɔm ɖe kɔdzi ake. Meɖoe be mayi duta eye mayi atikewɔwɔa dzi le afima. Meyi Israel; Esi woɖe nye ɖusi no vɔ la, woɖea foto nye lãkusi kple aklã ɣleti etɔ̃ ɖesiaɖe. Kekeli gbogbo aɖe ge ɖe nye ŋutilã me. Wotsɔa cobalt da dɔ nam hena ɣeyiɣi blaene, le ɣeyiɣi ɖesiaɖe me la, wotsɔa cobalt dea akpa ɖeka aɖabaƒoƒo etɔ̃ eye wotsɔa cobalt dea akpa kemɛ aɖa Le Israel la, wogadze fotoɖeɖe kple X-ray gɔme ake, woɖe nye goitre, si wowɔ dɔ nam ƒe geɖe enye sia la ƒe foto.

Mlɔeba la, nye ɖɔkta ɖe alesi wowɔa dɔa katã me nam hegblɔ be: "Woɖe wò akɔta tsi megbe, dɔléle sia dzea ŋutilã ƒe akpa etɔ̃, lãkusi, aklã kple ƒuwo dzi; Ƒumekansa si de ŋgɔ wu le ŋuwò. Wò afɔkpodzi ƒe ta va le sue ale gbegbe." be mebia ɖokuinye be aleke megbã esime menɔ anyi ɖe yameʋuzikpui dzi o?"

Le Israel la, wona kobalt ƒe ɣeyiɣi wuiatɔ̃. Metrɔ yi Tehran kple mɔzɔkplo si me fotowo, lɛtawo, atikewɔmɔnuwo kple mɔfiamewo yɔ fũ. Wowɔ atike nam kwasiɖa ɖeka le Tehran, eye tso ŋdi ga adre va se ɖe ŋdɔ ga eve la, wodea dze nye ta. Esi wodzudzɔ lãmetsiŋusẽawo ta la, nye ŋutilã ƒe kpekpeme dzi ɖe edzi tso kilo blaade vɔ enyi va ɖo kilo blaatɔ̃ vɔ etɔ̃. Wogblɔe ɖi gɔ̃ hã be nye ɖa adze eye matsi ɖa kple aɖatsi. Gbeɖeka, esi medi be mano atikekui aɖe, esi mexlẽ agbalẽ gbadzaa la, mekpɔ be woŋlɔe be atike sia ƒe nugbegblẽ le ame ŋu va ɖo wuieve eye ɖewohĩ ku hã; Gake meganɔ agbe eyata meɖoe be madzudzɔ dzikudodo na ɖokuinye.

ɣleti ewo megbe la, tɔtrɔ vevitɔ kekeake va nye agbe me. Esi xɔ̃nye ɖeka, si ŋutɔ nye lãmetututɔ, gblɔ nam be yeƒe lãme sẽ ŋutɔ le ɣleti ɖeka ƒe vegan ƒuƒu yiyi megbe la, meɖoe be nye hã mazu vegan ƒuƒu. Le ŋufɔke la, meyi vegans ƒuƒuwo ƒe habɔbɔa me kple ŋutilã si dze dɔ eye dzi ɖe le ƒonye be masrɔ̃ nu tso woƒe nunyiamemɔnu ŋu. Meɖu afã ƒuƒu eye afã ɖa ŋkeke ʋɛ aɖewo, wode dzi ƒo nam geɖe wu eye mlɔeba m

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nuɖuɖu ƒuƒu bliboe. Esi meɖu nu ƒuƒu le ɣleti gbãtɔ me la, nukunu
aɖe dzɔ le nye ŋutilã me. Nye ŋkumefu si ge keŋkeŋ la gadze tsitsi
gɔme ake; Ŋusẽ geɖe va nɔ ŋunye be mazɔ, nye ŋkuwo nyo ɖe edzi
eye mese le ɖokuinye me be gagbɔ agbe. Gbeɖeka mege tso atrakpui
dzi le nugblẽfexeha gã la ƒe anyigba si wotsɔ kpe xɔasi si nye marble
wɔe dzi; Mese le ɖokuinye me abe ɖe mazu lãmetututɔ ene. Esi meɖu
nuɖuɖu ƒuƒu ɣleti eve mawo ta la, tɔtrɔ geɖe va nye ŋutilã me ale
gbegbe be esi wogaɖe nye akɔta kple afɔwo ƒe foto ake la, ɖɔktaa gblɔ
be: “Wò ƒuwo le lãmesẽ me wu tɔnye.” Abi goglo mawo ƒe dzesi aɖeke
meganɔ nye ŋutilã me o. Medzra nuŋlɔɖiawo kple fotoawo katã ɖo do
ŋgɔ na nuɖuɖu ƒuƒu kple emegbe. Egbea, le ƒe eve ƒe
veganism ƒuƒu ɖuɖu megbe la, metrɔ kura. Nyemeno atike aɖeke le ɣeyiɣi sia me o.
Nye ɖusibɔ si vuvu keŋkeŋ le amekokoa megbe la gaɖo eƒe nɔnɔme
nyuitɔ me. Nye ŋutilã si yɔ fũ kple ʊuʊudedi le ŋutigbalẽ te le atikewɔmɔnu
zazã vɔ megbe eye wònɔ veve sem vevie la ƒe lãme sẽ eye
ʊuʊudediawo bu. Le ɣeyiɣi sia me la, nye kpekpeme ɖiɖi kilogram
blaeve. Fifia mewɔa dɔ gaƒoƒo enyi gbesiagbe eye mewɔa dɔ vevie
le nye vovoɣiwo me. Mele mɔ kpɔm be mazã nye ɣeyiɣi le dzidzɔ kple lãmesẽ me le agb

Maryam Neshan BarJan, Wodzii le July 25, 1931 - Tehran

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Lɛta siawo kple akpe geɖe bubu siwo woxɔ tso dukɔ vovovo me tɔwo ƒe nuɖuɖu ƒuƒu ɖulawo gbɔ le xexeame katã ɖo kpe edzi be dɔnɔ mawo siwo dzudzɔa atike vɔ̃ɖiwo kple nuɖuɖu siwo woɖa zazã la, wodaa dɔléle ƒomevi ɖesiaɖe enumake eye wodaa gbe le wo ŋu zi ɖeka ɖe ɣeyiɣiawo katã nu.

Nyadzɔdzɔgbalẽ si nye "AVANGUARD", si wota le Yerevan, si nye Armenia ƒe fiadu, ŋlɔ ɖe eƒe tata ɖeka me (ƒe 1964, No. 98): "Mɔ̃ɖaŋudɔwɔla, hadzila kple nutala geɖe, wo katã ƒe
ame siwo nye agbalẽnyalawo la, wozu nuɖula ƒuƒuwo. Woka ɖe edzi na wò be yewosena le yewo ɖokui me be yewole bɔbɔe eye yewole lãmesẽ me ale gbegbe be fifia metsona o eye womesea woƒe dzi ƒe tsotso o."

Moscow magazine si woyɔna be "SCIENCE AND LIFE" ʋu eme le...
eƒe March, 1965 ƒe tata me be lã ɖula geɖe le exlẽlawo dome, amesiwo woda gbe le tso dɔléle vovovowo me eye wona nuŋlɔlawo nya nu tso woƒe hayahaya ŋu tsitotsito.

Le nɔnɔmeawo me la, ame mate ŋu ase nusita nugbagbeŋutinunyalawo kple dziɖuɖumegã bubu siwo tsɔ agbanɔamedzia mewɔa afɔɖeɖe veviedodotɔe be woatsɔ awɔ gɔmeɖose siwo ku ɖe nuɖuɖu ƒuƒu ŋu dzi o la gɔme o. Nukatae wohena ɖe megbe esime wokpɔ mɔ si dzi woato aɖo woƒe taɖodzinu mamlɛtɔ si nye be woaɖe ameƒomea tso dɔlélewo me eye woakpɔ egbɔ be amesiame nanɔ agbe si me dzidzɔ le la gbɔ? Ne wodi la, woate ŋu ada dɔ na dɔnɔ ɖesiaɖe le ɣleti eve me eye woakɔ woƒe dɔnɔwo ƒe kɔdziwo. Enye bubume ɖesiaɖe ƒe dɔ be wòabia wo nenye be wodi be yewoaɖo taɖodzinu sia gbɔ loo alo womedi o.

Mele gbeƒã ɖem na xexeame katã vevie be TSO TSO TSO TSO LA, ELE BE WOABU ATIKEWO ƒE NUĐEĐEŊUTIWO ƒE NUŊLƆĐI KPLEE NUĐUĐU SIWO WOKPƆNA ƒE NUĐOĐOWO BE WOANYE NUVƆ̃ĐOĐO SIWO ME DZIME LE AMEGBETƆWO ŊU, ELABENA WOWOE NYEE NU SIWO WƆNA

HE AMEGBETƆWO ƒE DƆLÉLEWO KAtã DZI.

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Avũ ɣi dzetugbe si xɔ ƒe 7, Jackie nɔa mía gbɔ abe vegan ƒuƒu ene tso eƒe agbemeŋkeke gbãtɔ me.

Fifia woɖo kpe edzi bɔbɔe be lãɖuɖu mele dzɔdzɔme nu na ame bubuwo gɔ̃ hã o lãwo, eye lãɖula ŋutɔŋutɔwo mele mía si o. Nuɖuɖu siwo míeɖuna la zu numame na Jackie tso esime wodzi mí. Eƒe nuɖuɖu akpa gãtɔ nye lu, dati, waintsetse ƒuƒu, pistachio, salad kple atikutsetse vovovowo, esiawo katã le gbagbe (ƒuƒu) nɔnɔme me, elabena le míaƒe aƒeme la, nuɖuɖu kuku gram ɖeka pɛ gɔ̃ hã mele afima o. Avũ sia ɖua anyitsi kple radish gɔ̃ hã kple didi vevie. Ne míekplɔe yi dua godo la, eɖua gbe abe alẽvi le gbe damawo me ene. Ne wotsɔ avu sia sɔ kple avu bubuwo la, ele lãmesẽ me ŋutɔ, eƒe lãme le yeye eye ŋusẽ yɔe fũ. Ne míedi be míana dzata, sisiblisi kple amegãxi viwo nazu numame na wo be woaɖu numiemiewo abe avu sia ene la, le dzidzime ʋee aɖewo megbe la, woaɖe asi le woƒe ŋutasẽnuwɔwɔ ŋu keŋkeŋ eye woƒe dzi nadze eme, eye woate ŋu anɔ anyi ɖekae kple lã bubuwo abe nyiwo ene. Gake to vovo na ema la, míate ŋu ana nyiwo nazu numame na lã ɖuɖu gbeɖe o.

Nukae wòle be woaƒo asa na?

Atikutsetse ƒuƒu si wotsɔ sulfur alo tsi ɖaɖɛ trɔ asi le eŋu alo kple atike bubuwo mele be woaɖui o, elabena nunyiame aɖeke mele eŋu o eye aɖi koe wònye, ale be nudzodzoewo gɔ̃ hã metena ɖe eŋu o. Mele be nàɖu amititsetsemi ma si wotsɔ atikewo ɖa eye eƒe dzɔdzɔme amadede alo ʋeʋẽ kple vivi mele esi o

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eye nunyiame ƒe asixɔxɔ megale eŋu o. Womebua amititsetse siwo me wode dzee, aŋanyi siwo wotsɔ ƒo ƒu kple ami siwo wotsɔ dze alo vinegar ɖa be wonye nuɖuɖu gbagbewo kple dzɔdzɔmenuɖuɖuwo o. Azɔ hã, nunyiame aɖeke mele vinegar, wein kple nuɖuɖu mawo tɔgbe siwo trɔ gbɔ tso woƒe nɔnɔme gbãtɔ kple dzɔdzɔme nɔnɔme me o. Woɖaa dze hã le mɔ si naa dzoxɔxɔ eye wògblẽa nu le ame ŋu nu, tsɔ kpe ɖe nyateƒe si wònye be dze si ŋutilãa hiã la le atikutsetsewo kple amagbewo me ŋu. Mègazã permanganate alo dɔlékuiwutike bubuwo atsɔ aklɔ atikutsets

Ƒo asa na xɔ siwo me dzo le, awu dzodzoewo kple ya ƒoɖiwo. Mègazã adzalẽ alo shampoo o, atike siwo gblẽa nu le ŋutigbalẽ kple ŋutilã ŋu le wo me; Le tsi kaba ale si nàte ŋui.

Vegan ƒuƒuwo meɖua nuɖuɖu siwo mele dzɔdzɔme nu o, siwo woɖa, siwo me lã le kple esiwo me ami le be...

tsikɔ wu wò vevie; Meɖua nuɖuɖumeŋusẽ si ŋu viɖe aɖeke mele o be woatsɔ tsi fafɛ atsi o, mefiãna be yeatsɔ tsi ayɔ eƒe teƒe o. Tsɔ kpe ɖe eŋu la, tsi si sɔ ɖe dzɔdzɔmenuɖuɖuwo ŋu. Dzɔdzɔmenuwo wɔ dzɔdzɔmenuɖuɖuwo le mɔ aɖe nu be tsi yɔa wo fũ le dzomeŋɔli eye tsi mesɔ gbɔ ɖe wo me le dzomeŋɔli o. Ne tsikɔ le nuɖula ƒuƒu wum la, eɖea eƒe tsikɔwuame ɖa to aŋanyi alo tomatos alo atikutsetse me tsi kplu ɖeka alo tsidzɔƒetsi dzadzɛ ɖuɖu me. Le esia ta kple be woatsɔ tsi akpe ɖe compote kple bubuawo ŋu la, ele be nu gbagbe ɖesiaɖe nadzra tsidzɔƒetsi kplu ɖeka alo eve ɖo gbesiagbe. Le gɔmeɖose nu la, mele be nuɖula gbagbe aɖe naɖe mɔ atike alo aɖi aɖeke nage ɖe eƒe ŋutilã me o, ne agbɔsɔsɔa le sue ŋutɔ gɔ̃ hã; enye be mele be wòano pɔmpi me tsi o. Chlorine kple fluoride le tsi sia me, eye aleke kee wòɖale sue o, esi ŋusẽ le esi be wòawu nugbagbevi suesuesuewo ta la, ŋusẽ le eŋu hã be wòagblẽ nu le amegbetɔ ƒe ŋutilã ƒe lãmenugbagbeviwo ŋu. Amegbetɔ ƒe lãmenugbagbeviwo hã sea veve abe nugbagbevi suesuewo ene, aɖi hã xɔa wo kabakaba eye wodoa kpo nu, wosea ɖeklemiɖeɖe sesẽwo le xexeame katã le nuwɔna gbegblẽ sia ŋu. Ame aɖewo bua aɖi sia nu tsɛe, woxɔa pɔmpi me tsi sia, tsɔa atike kple aɖi yeye aɖewo dea eme, wowɔa amadede vovovowoe eye woyɔnɛ be aha siwo menye aha o.

Zi ɖeka le ɣletia me la, míetsɔa tsize ʊɛ aɖewo tso Vanak tsidzɔƒe si le Tehran si te ɖe mía ŋu me vaa mía ŋu eye míezãnɛ. Vovototo gã aɖe le tsidzɔƒetsi kple pɔmpi me tsi ƒe vivi kple ʊeʊẽ dome.

Atikewutikewo kple atikewo ƒe amiwo nye ɣeyiɣi sia me ame "deŋgɔwo" ƒe nuwɔna siwo me nunya mele o dometɔ ɖeka. Ŋuklẽlawo tsɔa aɖi dea anyigba la me

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atike siwo wotsɔ wɔa amiwoe eye wodzia nusi wowɔ ƒe agbɔsɔsɔ dе edzi le mɔ si wowɔ nu eye woдea eƒe nyonyome dzi kpɔtɔna boŋ; wowua atikutsetsewo kple amagbewo ne wotsi eye wodzrana na amewo enumake. Emegbe la, dɔktaa ŋutɔ, amesi to atike sia si wotsɔ ƒua gbe vɛ la, kpɔa nu gbegblẽ si dona tso eya ŋutɔ ƒe dɔa me eye le esi teƒe be wòadzudzɔe la, ede se dе atikutsetse kple amagbewo dudu

Fifia esi nɔnɔmea le alea ta la, mele be amewo nazã nusi gblẽ le eŋu o ƒe atike sisi abe taflatsedodo ene eye woaдa atikutsetsewo kple amagbewo. Elabena ne atike sisi gblẽa asixɔxɔ si le nusi wowɔ ŋu le kpɔdeŋu me 10% la, nudaдa gblẽa asixɔxɔa dome 100%, eye le ɣeyiɣi ma ke me la, ewɔa adi gedе sã le nududu kukuwo me wu atike sisi. Ele be amewo naklɔ nududu siawo siwo me adi le nyuie eye le ɣeyiɣi ma ke me la, woawɔ avu kple nuwɔna sia si me amegbetɔ ƒe nɔnɔme mele o. Fifia amewo ƒe gbe kɔ tso xexeame ƒe akpa sia akpa. Woдoa habɔbɔwo, taa magazinewo, eye woʊua fiase tɔxɛwo kple dɔnɔdzikpɔƒewo kple amedzrodzeƒewo be woatsɔ nududu siwo wowɔ atikekui kple nudzodzoeviwutike manɔmee la ana nududu amewo. Nye duta yomedzela aдewo, ƒlea anyigba na wo dokui be woawɔ abɔ na wo dokui eye woakpɔ woƒe atikutsetse kple amagbewo ƒe nuhiahiãwo atikewo manɔmee eye woanɔ agbe le ablɔdе ŋutɔŋutɔ me.

Adventure of the Tehran RawVegans Association Medoe be maдe nye agbalẽa

gɔme ahatae dе Fransegbe, Germanygbe, Spaingbe kple Arabgbe me, eye mawɔ agbalẽwo hã tso ŋɔŋlɔdzesi dodzidzɔname ŋutɔwo me eye makeke nye xexeame katã ƒe dɔwɔna dе enu, gake xɔlɔ̃wo kple nududu ƒuƒu dulawo te tɔ dе edzi be maдo habɔbɔ adе dе Tehran . Míewɔ deka kple gɔmedoanyila aдewo ƒo ga gbogbo adе nu ƒu le mía dome, míedzra agbalẽ adе do eye míedze dɔa gɔme. Metsɔ nye xɔ gã eve siwo le nye aƒea ƒe anyigbaxɔdzo dzi siwo me tsi, elektrikŋusẽ kple telefon le la na habɔbɔa femaxee eye mezã ƒe eve kple afã le habɔbɔa kple vegan nudududzraƒe si womeдa o dzi kpɔkpɔ me. Meƒo hamevi siwo wɔa nuteƒe na nye xexemenunya kple míaƒe nutoa ƒe dukplɔse nu ƒu, eye wowɔa dɔ vevie, kpena dе ame ŋu, wowɔa doдo dе xɔlɔ̃wɔwɔ ƒe kpekpewo ŋu, ƒoa nu tso nusiwo wokpɔ tso nududu ƒuƒu dudu me ŋu, ƒoa nunanawo nu ƒu, eye wowɔa fefe abe ƒome gã adе ene eye le esia me mɔ si dzi míeto ƒo hamevi siwo ade 900 nu ƒu.

Ƒe deka le ƒuƒoƒoa doдo megbe la, Aƒetɔ Javad Ramezani, . si dze dɔ vevie eye dɔktawo lã eƒe dɔgbo eye

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duodenum eye wòwɔ tɔtrɔwo le eƒe dɔgbo me, eva klabu la me esime wònɔ kukum (le nya si wògblɔ nu) eye wòzu hamevi, eva zu nuɖula ƒuƒu eye woɖee tso ku me. Etsɔ ɖe le nutoa me ƒe dɔwɔnawo me ŋutɔ eye wotiam be manye dɔdzikpɔha me tɔ. Nublanuitɔe la, mete ŋu se xexemenunya goglo si le bɔbɔe si nye veganism ƒuƒu gɔme gbeɖe o. Egblɔna ɣeaɖewoɣi be: "Nye susu meɖo Aterhov ƒe susu me haɖe o, ate ŋu aɖo afima gbeɖeka." Ƒe geɖee nye esia mele ŋkeke siawo lalam, gake dzodzro. Aƒetɔ Ramezani gblɔ be: "Mele be Aterhov nadze ɖɔktawo kple atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya dzi ahabu fɔ woƒe nuwɔna gbegblẽwo o." Gake nukpɔsusu sia menɔ asinye o eye medi be magblɔ nyateƒea na amewo.

Esi habɔbɔa ƒe dɔwɔnawo va nyo vie la, mekɔ nye aƒea ƒe dzisasrã gbãtɔ dzi ƒuƒlu, tsɔ hayahaya si asitsalawo naa ƒe akpa etɔ̃lia kpena ɖe xɔ siwo nɔ anyi va yi ŋu, eye metsɔa wo naa habɔbɔa (aƒea ƒe afã nye tɔnye srɔ̃nyɔnu.Nyemexɔa hayahaya tso nye afã gbɔ o). Metsɔ nye ŋutɔ nye gazazã ʊu ʊɔtru tɔxɛ aɖe na ablɔa eye metu anyigbaxɔdzo si ƒe lolome nye kubik meta 30 hena nudzraɖoƒe, nutoa me tɔwo mewɔa kpekpe edziedzi o, míeɖo dɔdzikpɔha aɖe le hamevi dovevienu aɖewo dome, eye le ɖoɖo nu be maɖo kpe edzi na Aƒetɔ Ramezani be Eda ƒu le eƒe nukpɔsusuwo me la, mena eya ŋutɔ tia board la. Etia Đɔkta. Mohammad Kaar (Tehran Atikewɔwɔ Yunivɛsiti ƒe Nufialagã) abe Aɖaŋuɖoha la ƒe Zimenɔla ene. Đɔkta sia ŋlɔ agbalẽ aɖe si woyɔna be "Raw Vegetarianism" si yɔ fũ kple nudokpɔƒe ƒe mɔnu siwo me susu mele o eye gɔmesese aɖeke mele wo ŋu o eye wògblẽ nyaselawo ƒe ɣeyiɣi kple nuƒo siwo ŋu viɖe aɖeke mele o. Eteƒe medidi o ehe zitɔtɔ va habɔbɔa me be eva hiã be míanyae le habɔbɔa me nɔnɔ me le habɔbɔa ƒe dukplɔse ƒe Nyati 29 lia nu. Eyi kple eƒe susu ɖeka tɔ aɖewo, de ga eye wòuu habɔbɔ aɖe si woyɔna be "Scientific Raw Vegetarianism" le Ministers St, ame ɖesiaɖe bu toman akpe 40 alo 50 eye wòtue, ame aɖewo hã ve woƒe dɔwɔwɔ eye wogava ge ɖe míaƒe habɔbɔa me. Aƒetɔ Ramezani mesrɔ̃ nu tso eƒe nuwɔna gbegblẽa me o, gake to vovo na ema la, le ɖɔkta ɖeka teƒe la, ekplɔ ɖɔkta eve alo etɔ̃ bubuwo va habɔbɔa me be wo

Ne ɖe woxɔ nye nya siwo meŋlɔ ƒe geɖe enye sia le Raw-Eating gbalẽa me la, anye ne ame siwo ku le ƒe ʊɛ siwo va yi me la dometɔ akpa gãtɔ le agbe fifia. Le kpɔɖeŋu me, Đɔkta Iqbal, si nye atikewɔwɔ ƒe ɖoɖoa ƒe t

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ame si tsɔm de asi na ʊɔnudrɔ̃ƒe be woahe to nam, gake wohe to na eya ŋutɔ le agbe ŋutɔŋutɔ me eye wòku. Dzɔgbenyuietɔe la, ʊɔnudrɔ̃ƒea gbe atikewɔdɔdoa ƒe nyatoƒoetotoa be gɔmeɖokpe aɖeke mele eŋu o eye wòtso nya me le nye nyonyo ta. Atikewɔwɔ ƒe ɖoɖoa gblɔ be mele nu dem atikewɔwɔ "dzɔdzɔmeŋutinunya" me gake naneke mele asinye mawɔ whit wo o, ɖeko meɖea dzɔdzɔmenuwo ƒe mɔ fiana eye mɔ nyuitɔ sia ana amewo nanɔ lãmesẽ me eye wòada gbe le wo ŋu, eye le esia ta, the... woxe mɔ na ɖɔktawo ƒe gakpɔkpɔ mɔ, gake asitsala aɖeke melɔ̃a eƒe gakpɔkpɔ ƒe asitsatsa be wòagblẽ o! Le agbalẽ si nye "Raw-Eating" si me woɖe nuɖuɖu ƒuƒu ƒe xexemenunya gɔme le eye to agbalẽ sia ƒe mɔfiafia me la, woɖo vegan ƒuƒuwo ƒe habɔbɔ la, woyɔ nya vevi aɖewo siwo ɖo kpe atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya ƒe vodada kple nugbegblẽ dzi.

Meɖoa ŋu ɖe habɔbɔ kple habɔbɔ sia ƒe sisi ŋu ŋutɔ elabena mewɔe nenema be maɖo kpe alesi megblẽ nye ɣeyiɣiwo katã ƒe ade sɔŋ, menɔ adzɔge tso xexeame katã ƒe dɔwɔnawo gbɔ, mewɔ dɔ sesĩe hezã ga, gake agbagbadzedze siawo katã gblẽ elabena ameflula ʊɛ aɖewo, woxɔ nutoa me, habɔbɔa, kple nuɖuɖudzraƒea kple eƒe nunɔamesiwo katã kple xɔmenuwo tso gbɔnye kple nutoa me tɔ ŋutɔŋutɔwo gbɔ eye metsɔ wo de asi na tsitretsiɖeŋulawo. Aƒetɔ Javad Ramezani, si nye asitsala kesinɔtɔ vɔ̃ɖi aɖe si lɔ̃a ga; Mete ŋu se gɔmesese deto si le xexemenunya si le bɔbɔe ŋutɔ eye wònyo ŋutɔ si nye veganism ƒuƒu gɔme o, to vovo na nye nukpɔsusu la, esusu be yeaɖo afisi yeyina kaba to dzɔdzɔmeŋutinunya dzi. Exɔ eƒe nukpɔsusu dzi se ale gbegbe eye wòka ɖe eɖokui dzi ale gbegbe be eɖoe be yeawɔ nane atsɔ anyam le habɔbɔa me eye yeatsɔ ye ɖokui ade nye teƒe eye yeatsɔ yeƒe dzɔdzɔmeŋutinunya me xexemenunya aɖo dzɔdzɔmese teƒe. Wotsɔa Đɔkta Majdi ƒe "Ƒo nu eye nàdze tugbe" ƒe agbalẽa ɖe nuɖuɖu ƒuƒu gbalẽ teƒe eye woxɔa habɔbɔa kple ɖɔktawo ƒe kpekpeɖeŋu. Be wòaɖo taɖodzinu sia si me afɔku le gbɔ la, ele nɛ be wòazã sedzidada alafa geɖe, sedzidada, alakpadada, ŋɔdzidoname, amedzizizi, fefewɔƒe, kple bubuawo Gbã la, edze agbagba be yeana MohammadReza Mahtabi kple Manouchehr Safarzadeh (dɔdzikpɔha me tɔ eve) nadzo le egbɔ .

Aƒetɔ Mahtabi, si nye agbledela si xɔ ƒe 28, si tsi agbe le ayikudɔ sesẽ aɖe me to nuɖuɖu ƒuƒu ɖuɖu me la kpe asi ɖe klabu la dzadzraɖo ŋu ɣleti geɖe. Enye ɖekakpui bibi aɖe si tsɔ dada wɔa kaƒoƒo, pɔmpi, nutata kple atikpadɔwo katã le klabu la me kple kpekpeɖeŋu tso

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Aƒetɔ Safarzadeh. Emegbe ekpɔ klabu bliboa kple nuɖuɖudzraƒea dzi ɣleti ade sɔŋ. Esrɔ̃ nu tso salad ƒuƒu dzadzraɖo ŋu eye wòŋlɔ agbalẽ aɖe si ƒe tanyae nye "Raw vegan foods, the only human food". Aƒetɔ Mahtabi di be yeaɖo agbledeha aɖe na habɔbɔa, gake wogblẽ eƒe ɖoɖoa ɖi womewu enu o elabena womekpɔ anyigba si sɔ o; Aƒetɔ Mahtabi menye kesinɔtɔ boo o, eye ne ɖe míena fetu sue aɖee be wòakpɔ habɔbɔa dzi eye míelée ɖe te la, anye ne míaƒe habɔbɔa manɔ nɔnɔme wɔnublanui sia me o, gake woɖe fu na Aƒetɔ Ramezani ale gbegbe be wòsi le mía gbɔ eye wògblɔ na exɔlɔ̃wo be: "Mayi, aɖu nu ɖa eye maku." Eye wòwɔ nenema ke. Eyi Khorramshahr, ekpɔ dɔ le Keshavarzi gadzraɖoƒe, ʊu le aƒe, xɔlɔ̃wo kple amewo gbɔ, eya ɖeka tsi anyi, ɖa nu, eye esia wɔe be eƒe ayikudɔ gadze ak

Aƒetɔ Manouchehr Saffarzadeh wɔ dɔ sesĩe na habɔbɔa eye wòkpe asi ɖe eŋu, gake esi wòse xexemenunya deto si nye veganism ƒuƒu gɔme nyuie wu eye wòʊlia eta ɣesiaɣi ta la, esi Aƒetɔ Ramezani kpɔe abe futɔ ene, le mɔ sia nu tae. Wokaka board la ɖe teƒeteƒewo. Aƒetɔ Safarzadeh yi Shiraz eye Aƒetɔ Abulfazl Sadarat yi Jahrom, Aƒetɔ. Ramezani kple Aƒetɔ Kayhani tsi anyi, Aƒetɔ Abulfazl Kayhani menye ame vevi aɖeke o, enye Aƒetɔ Ramezani kple exɔlɔ̃ wɔnuteƒe la ƒe ƒome Mezɔ mɔ yi duta zi etɔ̃ alo ene le ɣeyiɣi sia me, vegans ƒuƒuwo kpeam le xexeame katã, wodina be yewoakpɔm, eye meyia wo gbɔ ɣeaɖewoɣi. Le nɔnɔme siawo me la, Aƒetɔ Ramezani kpɔ fieled la ƒuƒlu eye wòdze eƒe ŋutasẽdziɖuɖu gɔme. Dukplɔse aɖe le mía si si senyala bibi siwo kpɔ nusianu do ŋgɔ eye wodo ŋusẽ nye ŋusẽ be maxe mɔ ɖe sedzidada mawo nu; Gake Aƒetɔ Ramezani menya sea o. Le eya gome la, eƒe didie nye se.

Le Se 18, 21, kple 29 lia nu la, Aƒetɔ Ramezani kple Aƒetɔ. Wonya Kayhani le nutoa me le se nu, eye afɔɖeɖe ɖesiaɖe si wowɔ ɖe ŋunye la nye sedzidada kple amedzizizi. Ne medi la, anye ne mate ŋu azã nye ŋusẽ le ɣeyiɣi nyuitɔ dzi, aɖe wo ɖa eye maxɔ habɔbɔa dzikpɔkpɔ, gake togbɔ be ewɔ nuku hã la, metsɔ ɖe le Aƒetɔ Ramezani me etɔxɛe le eƒe gbɔgbɔ si doa vevie nu eye wòwɔa dɔ sesĩe ta, vevietɔ be edoa vevie nu henɔ kpekpem ɖe habɔbɔa ŋu. Ewɔ ɖoɖo ɖe nusɔsrɔ̃ aɖe ŋu le eƒe abɔ me. Nyemedi be mado dziku nɛ o; Menɔ lalam ɣesiaɣi be wòaxɔ eƒe vodadaa eye wòatrɔ ava mía gbɔ.

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Đewohĩ enɔ fewu ɖum le ŋunye eye wòbu eɖokui nunyala le esi wòlɔ̃ ɖe atikewɔwɔ ŋuti dzɔdzɔmeŋutinunya dzi ta, gake nyemelɔ̃ ɖe edzi o. Egblɔ be: "Ele be ame nazã mɔnu kple ɖoɖo ƒomevi ɖesiaɖe atsɔ awɔ avu." Aƒetɔ Ramezani ɖo exɔlɔ̃wo kple sukuhatiwo dometɔ ɖeka, Aƒetɔ Mostaan, be wòanye agbalẽdzikpɔla, amesi tsɔa ga siwo katã woxɔ tso nuɖuɖudzraƒea, ɔfis, kple hamevinyenye dzadzra me yia gadzraɖoƒea eye wòkɔa wo ɖe Aƒetɔ Ramezani ŋutɔ ƒe gakɔnta me. Nukae Aƒetɔ Ramezani wɔna kple ga sia? Ame aɖeke menyae o eye meɖoa nya ŋu na ame aɖeke o. Aƒetɔ Ramezani wɔ nutrenu aɖe kpɔ; Le Kwasiɖagbe kple Kuɖagbe tso ga 16:00 vaseɖe ga 20:00 eye le Yawoɖagbe tso ga 13:00 vaseɖe ga 15:00 la, ɖɔktawo kple nuɖuɖuŋutinunyalawo doa nuƒo kple dɔnɔwo kpɔna femaxee. Etsɔa nutrenu sia dana ɖe agbalẽvi siwo meta le nye ŋutɔ nye gazazã me la dzi, elabena Aƒetɔ Ramezani mezãa ga ɖe boblododo ŋu o. Atikewɔwɔ ƒe ɖoɖoa to nyatoƒoe nam be mele nu dem atikewɔdɔwo me, fifia Aƒetɔ Ramezani le esia wɔm.

Wodze abɔtasisi gɔme le klabu la me hena ɣeyiɣi aɖe; Nyɔnuwo, ɖeviwo, ame tsitsiwo kple ɖeviwo, wonɔ anyi ɖe gli ŋu eye wotsɔ aŋewo ƒo ɖe woƒe to, ŋɔti, nuyi, ŋgonu, asiwo kple klowo me abe kpememe siwo me ɖoɖoezizi le ene! Wonɔ lalam be dɔlélea nati kpo ado le aŋea ƒe nugbɔ axɔ na wo!
Nukpɔkpɔ dodzidzɔname ka ƒomevie nuɖalawo ƒe manyamanya mewɔna o? Đɔkta Nawab ƒo nuƒo to habɔbɔa ƒe nuƒola dzi eye wòɖe gbeƒãe be yemelɔ̃ ɖe Hovannessian ƒe nukpɔsusu dzi o. Enyo ŋutɔ, Aƒetɔ Nawab, ne mèlɔ̃ ɖe nye xexemenunya dzi o la, nuka wɔm nèle le klabu sia me? Ame miliɔn geɖe le xexeame siwo tsi tre ɖe raw veganism xexemenunya ŋu, ɖe gome le wo katã si be woage ɖe mía ŋutɔwo ƒe habɔbɔ me aƒo nu tsi tre ɖe mía ŋua? Esi meɖe gbeƒã tso ŋgɔyiyi siawo ŋu be matsɔ ana hameviawo nanya la, esia do dziku na Aƒetɔ Ramezani; Etrɔ gaƒoɖokui si le akpataa ƒe ʊɔtru nu, si nye ŋutɔ metsɔ aŋe ƒoe hedo seƒoƒowo ɖe edzi, ale be nyemate ŋu age ɖe akpataa me aɖade tsi abɔa o; Wotu nye ɔfis ƒe ʊɔtru eye wòva hiã be maʊu ʊɔtru yeye aɖe na nye ɔfis tso xɔdɔme me. Wotu klabu la ƒe ʊɔtru si tso xɔdɔme me hã tso megbe.

Ɣeyiɣia de be woatia dɔdzikpɔha yeye. Aƒetɔ Ramezani bia nya sia ame aɖewo be woadzra amekpegbalẽviawo ɖo. Woŋlɔa amekpegbalẽviwo hedea agbalẽkotokuwo me. Aƒetɔ Ramezani tsɔ agbalẽkotoku siawo yi eƒe aƒeme be yeatsɔ ga atre wo dzi ahada wo ɖe afima, gake womeda wo dometɔ ɖeka pɛ gɔ̃ hã o, ale be ɖeke meda w

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ƒe hamea me tɔwo nya nu tso dɔdzikpɔha yeyea tiatia ŋu. Le ŋkeke siawo me la, Aƒetɔ Ramezani ƒo hameviawo ƒe nuŋlɔdiwo katã nu ƒu hetsɔ wo yi eƒe aƒeme. Ede se na Aƒetɔ Mostaan be megaxɔ ame aɖeke be wòanye hamevi o. Esia nye nuvlowɔwɔ gã aɖe. Ame aɖe bia Aƒetɔ Ramezani be aƒetɔ aɖe di be yeazu hamevi, nukatae mèlɔ̃ ɖe edzi o? Eye wòɖo eŋu be: “Eƒe dzedzeme medze ŋunye o.” Dzizizidziɖula aɖeke mele xexea me si lɔ̃na be yeaɖo nya ŋu amemabumabutɔe alea o. Le eƒe aƒeme la, Aƒetɔ Ramezani kpe xɔlɔ̃wo, ame nyanyɛwo, aƒelikawo, ƒometɔwo, kple ame bubuwo va kpekpea eye wòna hamevinyenye ƒe agbalẽvi wo dometɔ ɖesiaɖe ale be woate ŋu age ɖe habɔbɔa me ada akɔ ɖe eta le tiatiawɔgbe.

Le ŋkeke si woɖo be woawɔ tiatia la, Aƒetɔ Ramezani gena ɖe habɔbɔa me kple aʋatso nuɖuɖu ƒuƒu ƒe aʋatsoɖasefowo ƒe ƒuƒoƒo aɖe kple dukplɔse yeye ƒe nuŋɔŋlɔ, kple ŋkɔ yeye, kple titina yeye kple xexemenunya yeye, si dzi Aƒetɔ Ramezani da asi ɖo le eƒe aƒeme kple akɔdada "adzame" ɖeka ko . Eɖe ɖɔktawo kple ame bubuwo ƒe ƒuƒoƒo aɖe si eya ŋutɔ tia to akɔdada "adzame" me vɛ eye wògblɔ be: "Amesiame si lɔ̃ la, do eƒe asi ɖe dzi." Adzɔha geɖe do woƒe asiwo ɖe dzi le movidzɔdzɔ ta eye Aƒ Ramezani ɖe gbeƒãe be: "Woda asi ɖe edzi." Habɔbɔa me tɔ ŋutɔŋutɔ geɖe, tsi tre ɖe eŋu. Mege ɖe habɔbɔa me tso nye aƒeme eye meɖe gbeƒãe be wogbe na Aƒetɔ Ramezani be wòagazu nutoa me tɔ o ɣeyiɣi didi aɖee nye sia, eyata gome mele esi be wòada akɔ o eye be wòatiae ahatiae hã o. Tiatia sia nye sedzidada eye wònye alakpa. Aƒetɔ Ramezani ŋlɔ tiatia sia ŋkɔ eye míeɖe tsitretsiɖeŋu o elabena habɔbɔ yeye sia medo ƒome kple mía tɔ o. Esia nye nuto yeye si si ŋkɔ yeye le, si si taɖodzinu yeye le, si si teƒe yeye le, si si dukplɔse yeye le, si si agbalẽ yeyewo le, si si gɔmeɖola kple agbalẽŋlɔla yeye le. Amesiame ate ŋu atia taɖodzinu aɖe na eɖokui faa, aƒo ame ʋɛ aɖewo siwo ƒe susu sɔ kple wo tɔ nu ƒu ɖe eŋu, aɖo habɔbɔ aɖe eye wòade e agbalẽ me; Gake le ŋutinya me la, womekpɔe be ƒuƒoƒo aɖe si mele se nu o gena ɖe eƒe tsitretsiɖeŋulawo ƒe amehawo me, wɔa ɖoɖo ɖe aʋatsotiatiawɔwɔ ŋu na eɖokui, ɖea nutoa me gɔmeɖoanyila veviwo ɖa, eye woxɔa ame gbãtɔwo ƒe nunɔamesiwo katã o. Esia le abe ne futɔa ɖe to ɖe du aɖe la, dua me tɔ ʋɛ aɖewo ʋua agbo la eye wotsɔa dua dea asi na futɔa ene. Habɔbɔ si ɖua nu ƒuƒlu tsi tre ɖe ɖɔktawo ƒe nuwɔna gbegblẽ ŋu. Dukplɔsea ƒe Se 17 lia gblɔ be: “Vegan ƒuƒu vavãtɔ

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dze dɔ eye mehiã atikewɔwɔ kple dɔdamɔnu o."
Le afɔkuwo kple afɔkuwo gome la, míenaa hehe vegan amekola xoxo siwo awɔ dɔ dɔlékuiwutikewo manɔmee, serum manɔmee eye lãwo ƒe protein manɔmee.

Wogblɔna nam be "nukatae mèlɔ̃ ɖe ɖɔkta siawo siwo nye raw dzi o." nuɖulawo eye woƒoa nu tso nuɖuɖu ƒuƒu ŋu?" Menye nyateƒe o. Đɔkta Majdi gblɔ na amewo be: "Ɣeaɖewoɣi la, àte ŋu aɖui ne woɖae, kuxi aɖeke mele eŋu o." Eye eya ŋutɔ ɖua nu, Đɔkta Nawab xɔe se be ele be woadze nuɖuɖu ƒuƒu gɔme vivivi. Le Đɔkta Rashti (si nye habɔbɔa me tɔ yeyeawo dometɔ ɖeka) ƒe dzedzeme kple dzedzeme nu la, woate ŋu ase egɔme be menye vegan ƒuƒue wònye o. Đɔkta siawo na nuɖuɖu ƒuƒu habɔbɔa va zu boblododo ƒe teƒe vevitɔ eye woƒoa asisiwo nu ƒu be yewoƒe dɔwɔƒea naxɔ ŋkɔ. Đɔkta Nawab va zu dɔdzikpɔha ƒe zimenɔla, nukae eƒe zimenɔlanyenye ava nye? Đeko wòƒoa nu tso protein kple vitaminwo ŋu gaƒoƒo ɖeka le kwasiɖa me eye eya koe nye ema? Ele be dukplɔla nakpɔ habɔbɔa ƒe nyawo gbɔ.

Mebiaa ɖokuinye be aleke Đɔkta Majdi, Đɔkta Nawab, Đɔkta Rashti kple board bubuwo hã hamevi siwo Aƒetɔ Ramezani tia, aleke kee woɖatsi tre ɖe nye xexemenunya ŋu o, aleke wolɔ̃ be yewoakpɔ gome le aʋatso tiatia sia me kple fefewɔƒe si ŋu ŋukpe le sia eye yewoaɖe Hovannessian, si nye habɔbɔa ɖola kple eƒe agbalẽŋlɔla tegbee la ɖa? Woxɔ ɖe habɔbɔa ɖolawo teƒe, woxɔ habɔbɔ si mewɔ hekpɔ edzi ƒe ade la le asinye, eye woxɔ habɔbɔa kple eƒe dɔwɔnuwo kple dɔwɔƒewo katã sesẽe. Míaƒe habɔbɔa mehiã "dzɔdzɔmeŋutinunya" nuƒoƒo o. Ne míelɔ̃ ɖe dzɔdzɔme ƒe sedede dzi be "mègaɖu nusiwo woɖa o, mègaɖu lãawo o, ɖu vegan nuɖuɖu ƒuƒu alesi nèdi kple nusianu si nèlɔ̃." Mehiã be míase nya bubu aɖeke o.

Aƒetɔ Ramezani bua eɖokui le susu me be yenye dzɔdzɔmeŋutinunyala. Ne nuɖula ƒuƒuawo ƒo xlãm hebia nyawo la, Aƒetɔ Ramezani gena ɖe dzeɖoɖoa me heƒoa nu tso sukli kple suklidɔ ŋu. Gbe ɖeka, esime wonɔ nya hem la, Aƒetɔ Kayhani te atamkaka nam. Edo asi ɖe dzi hedo ɣli zi atɔ̃ alo ade be: "Armenia, Armenia, Armenia." Abe ɖe Armeniagbe nye fiƒode ƒomevi aɖe ene! Enye dada nam be menye Armeniatɔ eye enye dada nam be menye Aryatɔ eye mele Persia. Persia dukɔmeviwo mewɔ nuvevi Armeniatɔwo kpɔ o eye wodea bubu wo ŋu ɣesiaɣi. Fuléle hehe vɛ le dukɔwo dome nye nu vɔ̃ɖitɔwo dometɔ ɖeka. Nenema kee wòdzɔ le ɖeka me

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ŋkeke aɖe le board ƒe kpekpe aɖe me, le nyaʋiʋli aɖe me la, Đɔkta Kaar ƒe dzi megafa o hena ɣeyiɣi kpui aɖe eye wòdze atamkaka gɔme nam be ame siwo le ablɔdzi ƒe nu me koe mese le nye agbe me. Menɔ anyi kpoo, henɔ alesi ame bubume sia bu eɖokui eye mese nya si gblɔm wònɔ gɔme o la kpɔm kple movidzɔdzɔ. Etsɔ eƒe asiwo ƒo ɖe kplɔ̃a dzi hegblɔ be: "Wò yi dziƒoxɔa dzi nànɔ anyi ɖe wò xɔ me, mía tɔe nye esi, menye tɔwòe o." Elabena le ɣeyiɣi si do ŋgɔ me la, ete ɖe eƒe nuwɔna dzi eye wòkpla asi kɔ nam, gbugbɔ nu nam heɖe kuku, metsɔe kee; Gake zi evelia la, eto vovo kura. Ele be míanyae ɖekae kple Aƒetɔ Azdanlou, menye le dɔdzikpɔha me ɖeɖeko o, ke le habɔbɔa me tɔwo hã me.

Be Aƒetɔ Ramezani nado dziku nam la, mexe nye aƒexɔfetu o, ƒe atɔ̃ sɔŋ ɣletiwo. Gbeɖeka eƒe tagbɔ gblẽ ge ɖe klabu la me eye esi wòkpɔm menɔ nu ƒom na ame ʋee aɖewo tso nuɖuɖu ƒuƒu ŋu la, edo ɣli be "Do go le afisia." Emegbe eɖe gbe na dɔwɔla si wòxɔ teti koe nye ema be: “Mitsɔ esia ƒu gbe.” Dɔwɔla sia hã tum hetsɔm ƒu gbe le ʋɔtrua ƒe atrakpui nu, eye medze anyi ɖe anyigba eye nye ta va dze dzokeke aɖe dzi eye mexɔ abi. Ne menye nuɖuɖu ƒuƒu ɖulae menye o la, anye ne ʋusɔgbɔdɔ dze dzinye. Míeyi kpovitɔwo ƒe dɔwɔƒe eye tso afima yi atikewɔla gbɔ, dɔwɔla sia di be yeaɖe ye ɖokui ɖa eye wògbugbɔ gblɔ sesĩe be: "Aterhov gblɔ be ne èka asi kplɔ̃a ŋu la, àɖe wò lolo dzi akpɔtɔ." Esrɔ̃ nu geɖe ŋutɔ tso nuɖuɖu ƒuƒu me! Aƒetɔ Ramezani hã di be yeatsɔ agbalẽ aɖewo afia numekulaa, gake numekulaa ƒo wo ɖe megbe. Kakaɖedzitɔe la, Aƒetɔ.

Ramezani di be yeaɖe yeƒe dukplɔse xɔŋkɔa afia eye yeaɖo kpe edzi be ye nye nutoa me tɔwo ƒe agbalẽŋlɔla eye nyee nye fuɖenametɔ. Nukae mate ŋu awɔ le afisia? Metsɔe ke eye medo go; Đe esia nye nukokoedoname alo nublanuinya ƒe nukpɔkpɔ mamlɛtɔa? Nye menya o; Ele be Aƒetɔ Ramezani naɖo eŋu. Edo ŋɔdzi nam zi geɖe be yeawɔ nane atsɔ azi dzinye be masi le Persia amama! Đewohĩ eƒe kɔnue wònye elabena nye xexemenunya gbɔe wònyi eƒe agbe le. Esia hã nye akpedada ƒomevi aɖe. Esi wobiae be: "Ekema afikae Aterhov le?" Eɖo eŋu be: "Etsi tre ɖe dzɔdzɔmeŋutinunya ŋu." Le afisia la, meɖe gbeƒãe be nusianu si agblẽ le nye agbe kple nye nunɔamesiwo ŋu la tso eya gbɔ (alo ame mawo ke siwo gena ɖe lãme nam).

Đokuitɔdidi kple dziku si me nunya mele o ʋãa ame aɖewo ale gbegbe be nye telefongbalẽ si me hameviawo katã ƒe ŋkɔwo le

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woŋlɔ ŋkɔ dɛ agbalẽ me eye agbalẽdzraɖoƒe eve siwo yɔ fũ kple Eŋlisigbe me lɛtawo (si ade akpe dɛka) bu le nye ɔfis. Nyemate ŋu agblɔ amesi ƒe dɔwɔwɔ nuwɔna nyɔŋu sia si medze o ate ŋu anye o, gake menya ale gbegbe be enye amesi di be yeado ka kple veganism ƒuƒu yomedzelawo ahawɔ ŋlɔmi le wo ŋu la ƒe dɔ. Edze ƒã be ame si fi wo la mate ŋu azã wo le dutoƒo o. Ame sia ame si wɔ esia la, ewɔe le manyamanya ta. Metsɔe ke eye mebia tso esi be ne ese amegbetɔ ƒe nɔnɔme vi aɖe le eƒe dzi me, le eƒe gɔmesese xɔxɔ tso wo gbɔ vɔ megbe la, agbugbɔ lɛta siawo aɖo ɖem; elabena lɛta siawo anye nu vevi kple asixɔxɔ gã aɖe nam kple na veganism ƒuƒu ƒe ŋutinya le etsɔme.

Fifia si nyemeyi klabu la, amesiwo wowɔ nu ɖe eŋu la vaa nye aƒe gã la ƒe dzisasrã evelia dzi be yewoada akpe eye yewoaxɔ nyatakakawo ahaƒle agbalẽwo. Míeɖo nuto aɖe si me xexemenunya aɖe le si woŋlɔ ɖe nuɖuɖu ƒuƒu ƒe agbalẽa me. Ame sia ame si mexɔ agbalẽ sia o la mate ŋu ava zu nuto sia me tɔ o. Ðɔkta siwo di be yewoazu raw vegans habɔbɔa me tɔwo, ele be woatu woƒe dɔwɔƒewo eye woaganlɔ atike siwo woŋlɔ na dɔnɔwo alo aɖi na dɔnɔwo o, gake wonye ɖɔktawo le nyateƒe me eye womate ŋu aɖe asi le woƒe sidzedze gbegblẽa ŋu keŋkeŋ o, eye ne wowɔe la, naneke mele wo si woawɔ o wɔe eye nya aɖeke mele asinye magblɔ o. Woƒoa nuƒo le míaƒe habɔbɔa me tso vitamin, protein kple numiemiewo ƒe nɔnɔmewo ŋu. Nya siawo nye nya dzodzrowo, gliwo, susumenuwo kple nyakpakpawo ko. Le gɔmedzedzea me la, woƒoa nuƒo zi etɔ̃ le kwasiɖa me, emegbe ŋkeke ɖeka le kwasiɖa me eye gaƒoƒo ɖeka koe woƒoa nuƒo. Eteƒe madidi o nya siawo sese ate ɖeɖi amewo ŋu eye nyawo ava vɔ na wo, nukae woawɔ kplɔe ɖo? Aleke gbegbee woate ŋu aflu amewoe?

Le nyateƒe me la, ne ŋkeke ɖeka, Ramezani de to ɖe eƒe nusɔsrɔ̃wo dzi eye wòxɔ eƒe vodadawo, ɖe asi le atike~~wɔwɔ ŋu~~ti dzɔdzɔmeŋutinunya ŋu, trɔ yi dzɔdzɔmenuwo gbɔ eye wòbɔbɔ eɖokui ɖe dzɔdzɔmesewo te la, míeʋu mɔ be míaxɔe eye maŋe aɖaba aƒu nɔnɔme sesẽ siwo wowɔ ɖe ŋunye dzi; Dzikudodo aɖeke mele vegan ƒuƒu vavãwo ƒe agbenyuinɔnɔ me o, míenye tsɔtsɔke.

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Aƒenɔ Astrie kple ɖevi siwo meɖua vegan ƒuƒuwo ƒe ƒuƒoƒo aɖe tso tsyɔeviwo dzikpɔƒea

Ðevi siwo meɖua vegan o ƒe ƒuƒoƒo aɖe le Nancy Anna Zabler ƒe tsyɔeviwo dzikpɔƒe le Australia

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Arshavir Ter Hovannessian ƒe amegã

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Amegbetɔ vavãtɔ ƒe kpɔɖeŋu, xexe yeye si me dɔléle, ahedada, dɔwuame, aʋawɔwɔ kple amewuwu mele o ƒe gɔmedzela, ƒe alafa 20 lia me vegan ƒuƒu blibo aɖe ƒe kpɔɖeŋu, Anahit, si xɔ ƒe 20- 20 . Aterhov vinyɔnuvi si xɔ ƒe , si meɖu nu ɖaɖa kakɛ ɖeka pɛ hã kpɔ o eye meno atike alo atike aɖeke kpɔ o.

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Anahit si xɔ ƒe 15 (ɲɔɲɔmetata si le amadede vovovowo me)

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Logo si le...

Tehran Raw- 1999 me.

Nuɖuɖu Habɔbɔ

Anahit si xɔ ƒe 10 (nɔnɔmetata si wotsɔ amadede vovovowo wɔe)

Tehran – ƒe 1976 me

Arshavir Ter Hovannessian, ƒe 1999 me. Tehran dugã, Karim Khan Blvd, Sanaei St, Sanaei SQ, No.2.

Gblɔe na: 828878

Agbalẽŋlɔla ƒe asidede agbalẽ te

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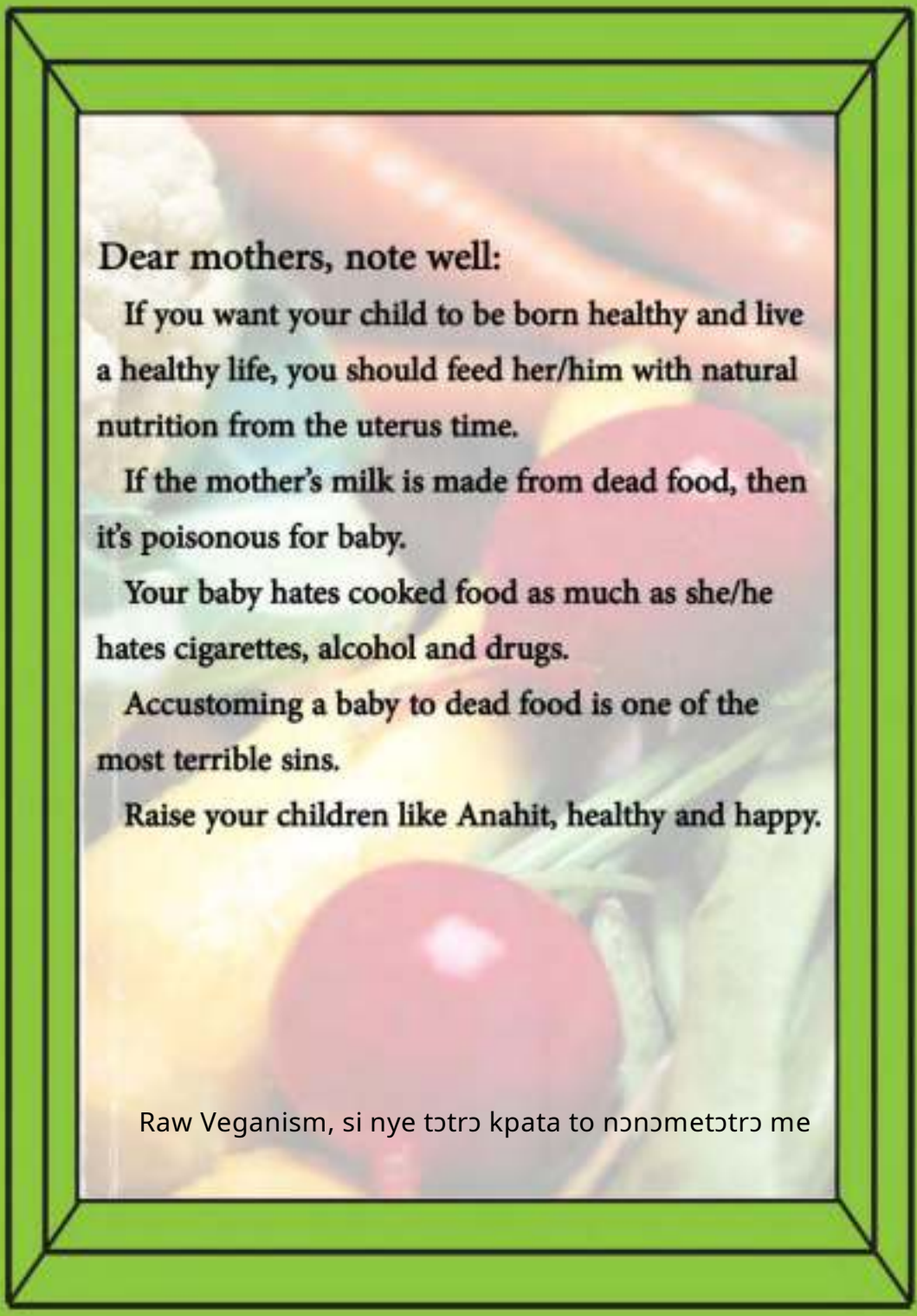

Raw Veganism, si nye tɔtrɔ kpata to nɔnɔmetɔtrɔ me